

Moments

拍數: 32 牆數: 2 級數: Intermediate/Advanced
編舞者: Susan Byrne (AUS)
音樂: From This Moment On - Shania Twain



The dance starts on vocals after Shania sings "from" step to right on the word "this"

FULL TURN, STEPS FORWARD, DIAGONAL BACK STEP, DIAGONAL BACK STEP WITH ¼ TURN

- 1&2 Turning a ¼ turn to right, step right foot to side, hitching left leg to full turn to right, step/hop quickly onto left, then step forward onto right
- 3-4 Walk forward left-right
- 5&6 Diagonally step ball of left foot back, step quickly onto right and then place left foot behind right
- 7&8 Diagonally step right foot back, step quickly onto left, pivoting on left turn ¾ turn right stepping onto right (weight ends on right)

SYNCOPATED CHA-CHA, SHUFFLE STEP, ½ PIVOT TURN SWIVELING HEELS

- 9&10 Step forward left, step back on right, step left beside right
- 11&12 Step back on right, step forward on left, step right beside left
- 13&14 Shuffle forward left-right-left
- 15&16 With bent knees ¼ pivot turn right on balls of feet, swivel heels left-right-left (weight ends on right)

SYNCOPATED VINE & ½ TURN, SWAYS, DIAGONAL FORWARD CROSS STEPS, SHUFFLE STEP

- 17&18 Step left behind right, step right quickly to side and cross left in front of right turning ½ turn to right (weight ends left)
- 19-20 Sway right, then left
- 21 Diagonally cross step right forward 45 degrees to left pivoting on ball of right to swing left leg around to front
- 22-23&24 Diagonally cross step left forward 45 degrees to right pivoting on ball of left to swing right leg around to front, turn ¼ turn left, shuffle forward right-left-right (weight ends on right)

BACKWARDS TRAVELING VINE, ¼ TURN, ½ PIVOT TURN, STEP & TOUCH, BENT KNEE STEP/TOUCH

- 25&26 Step backwards onto left, cross right quickly in front of left, step backwards onto left, right toe pointing
- 27&28 Step right to the side turning a ¼ turn, step forward on left, pivot a ½ turn to right, step forward on right
- 29-30 Turn a ¼ turn to left stepping right foot to the side, touch ball of left next to right
- 31-32 Leaning body to right -- step right ball of foot to side with bent knees, touch ball of right next to left straightening body (weight ends of right)

REPEAT
