

# Moments

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Jill Lowe  
音樂: From This Moment On (Tempo Mix) - Shania Twain



## ROCK STEP, COASTER, ½ TURN, SHUFFLE

1-2                      Rock forward on right, back on left  
3-4                      Step back on right, step left foot to right, step forward right  
5-6                      Step forward left ½ to right weight on right foot  
7-8                      Shuffle forward left right left

## ROCK STEP, ¼ TURN, SHUFFLE, ½ TURN, STEP LOCK

9-10                     Rock side right, weight back on left turning ¼ left  
11-12                    Shuffle forward right left right  
13-14                    Step forward left ½ turn to right weight on right  
15-16                    Step lock step, left right left

## TOE HEEL, REPEAT

17-18                    Moving to right side right toe to left instep, right heel to left instep  
19-20                    Repeat steps 17-18

## ROCK STEP CROSS, ROCK STEP CROSS, ROCK STEP CROSS, HOLD.

21-22                    Rock to right side right foot, weight back on left, cross right over left  
23-24                    Rock to left side left foot, weight back on right, cross over right  
25-26                    Rock to right, weight back on left  
27-28                    Cross right over left, hold

## ROCK STEP CROSS, HOLD, ROCK FORWARD & BACK, PADDLE 1/8TH

29-30                    Rock to left, weight back on right  
31-32                    Cross left over right, hold  
33&34&                    Rock forward right, in place left rock back on right, in place left  
35-36                    Two paddle steps turning left, moving right foot (rotating knee to left circling)

## PADDLE 1/8TH, ROCK STEP CROSS, ROCK STEP CROSS

37-38                    Repeat 35-36  
39&40&                    Step diagonally right on right, in place on left, cross right over left  
41-42                    Step diagonally left on left, in place on right, cross left over right

## ROCK STEP, ½ SPIN, ROCK KICK

43&44&                    Rock forward right, in place left back on right in place left  
45-46                    Spin ½ turn left on left foot  
47-48                    Rock back on right, kicking left foot diagonally in air, forward on left

## REPEAT

---