

# Take This Moment

COPPER KNOB  
BY STEPHEN

拍數: 40      牆數: 4      級數: Intermediate  
編舞者: Hazel Pace (UK)  
音樂: Evergreen - Will Young



## SIDE ROCK CROSS TWICE, STEP ½ PIVOT STEP RIGHT AND BACK SLIDE

1&2      Rock left to left side, recover on right, cross left over right  
3&4      Rock right to right side, recover on left, cross right over left  
5&6      Step forward on left, ½ pivot turn right, step forward on left  
&      Slightly lift and quickly step down on right  
7      Stride back on left starting to slide right towards left

## ROCK BACK ½ TURN LEFT, ROCK BACK ½ TURN RIGHT, ROCK FULL TURN LEFT, STEP ½ PIVOT STEP

8&1      Rock back on right, recover on left, ½ turn left stepping back on right  
2&3      Rock back on left, recover on right, ½ turn right stepping back on left  
4&      Rock back on right, recover on left. (emphasize the rock steps)  
5      (Full triple turn left moving forward 5 & 6). On left ½ turn left stepping back on right  
&6      On right ½ turn left stepping forward on left, step forward on right  
7&8      Step forward on left, ½ pivot turn right, step forward on left

## AND STEP AND ½ TURN LEFT, STEP LOCK STEP, SCISSOR STEP, SYNCOPATED VINE RIGHT

&1      A quick step forward on right, stride step forward on left (emphasize the stride forward)  
&2      Step forward on right making quick ½ turn left, step forward on left  
3&4      Step forward on right, lock left behind right, step forward on right  
5&6      Step left to left side, step right beside left, cross left over right  
&7&8      Step right to right side, step left behind right, step right to right side, cross left over right

## STEP ¾ PIVOT LEFT STEP, MAMBO STEP FORWARD & BACK, CROSS BACK ½ TURN LEFT

1&2      Step forward on right, ¾ turn left, step forward on right  
3&4      Rock forward on left, recover on right, step back on left  
5&6      Rock back on right, recover on left, step forward on right  
7&8      Cross left over right, step back on right, on right foot ½ turn left stepping forward on left

## CROSS UNWIND ¾ LEFT, LEFT SAILOR STEP, ROCK & STRIDE, BEHIND UNWIND ¾ LEFT

1-2      Cross right over left, unwind ¾ turn left. (finish with weight on right)  
3&4      Step left behind right, step right to right side, step left in place  
5&6      Rock right behind left, recover on left, stride right to right side  
7-8      Bending knees cross left behind right, slowly unwind ¾ turn left

## REPEAT

## RESTART

When dancing to Evergreen there is a restart on the 5th sequence. Dance to count 16 (you will be facing 12:00). As he sings "I'm gonna take this moment" step forward on right and slowly make ½ turn left to face 6:00. On the word "moment" start 6th sequence from the beginning.

The dance finishes at the end of the 7th sequence facing the front.