

Just One Moment

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate nightclub
編舞者: Juliet Hauser (USA)
音樂: Now and Forever - Carole King



RIGHT BASIC, LEFT STEP INTO ¼ TURN LEFT, RIGHT SIDE, LEFT CROSS, RIGHT SIDE, SWAY LEFT-RIGHT, LEFT SIDE, RIGHT CROSS

- 1 Right large step side right
- 2&3 Left step ball of foot behind right, recover weight to right, left step into ¼ turn left
- 4&5 Right step to right side, slightly back, left step across right, right step to right side
- 6-7 Left step to left side swaying hips left, sway hips right
- 8& Left step to left side, slightly back, right step across left

LEFT BASIC, RIGHT STEP INTO ¼ TURN RIGHT, full turn SYNCOPATED RIGHT TURNING TRIPLE, RIGHT FORWARD ROCK, RECOVER, RIGHT BACK LOCKING TRIPLE

- 1 Left large step side left
- 2&3 Right step ball of foot behind left, recover weight to left, right step into ¼ turn right
- 4&5 Pivot ½ right and step left foot back, pivot ½ right and step right foot forward, step left forward
- 6-7 Rock weight forward onto right, return weight to left
- 8&1 Right step backward, left step back locking across right, step right back

LEFT TRIPLE STEP TURNING ½ TURN LEFT, RIGHT PRESS FORWARD, RIGHT KICK, RIGHT COASTER STEP, LEFT STEP FORWARD, PIVOT ½ TURN RIGHT

- 2&3 Pivot ½ left on ball of right foot stepping left foot forward, right step next to left, step left forward
- 4-5 Right press ball of foot forward in a slight lunge, right low kick forward
- 6&7 Right step ball of foot back, left step ball of foot next to right, step right forward
- 8-1 Step left forward, pivot ½ turn right transferring weight to right

WALK FORWARD LEFT-RIGHT, LEFT FORWARD TRIPLE, RIGHT STEP FORWARD, PIVOT ½ TURN LEFT, RIGHT SIDE, LEFT CROSS

- 2-3 Step left forward, step right forward
- 4&5 Step left forward, right step next to left, step left forward
- 6-7 Step right forward, pivot ½ turn left transferring weight to left
- 8& Right step to right side, slightly back, left step across right

REPEAT
