

From This Moment

COPPER KNOB
BY STEPHENETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Michael Vera-Lobos (AUS)
音樂: From This Moment On (Tempo Mix) - Shania Twain



CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, 1 ¼ TRIPLE RIGHT

1-2-3&4 Cross/rock left over right, rock weight back onto right, side shuffle left stepping left-right-left
5-6-7&8 Cross/rock right over left, rock weight onto left, turning 1 ¼ right triple step right-left-right (side shuffle turn ¼ turn right is optional)

SHUFFLE FORWARD, COASTER FORWARD RIGHT, COASTER BACK ON LEFT, STEP FORWARD ¼ PIVOT LEFT

1&2-3&4 Shuffle forward left stepping left-right-left, coaster forward right - step forward right, step left beside right, step back on right foot (end weight on right)
5&6-7-8 Coaster back on left - step back on left, step right beside left, step forward on left, step forward right, pivot ¼ turn left (end weight left)

TRAVELING FORWARD CROSS BALL JACKS, CROSS SHUFFLE TURN ¼ RIGHT, TURN ¼ RIGHT

1&2&3&4 Traveling slightly forward - cross right over left, step left to left, touch right heel 45 degrees right, step on ball of right crossing left over right (&3), step right to side, touch left heel 45 degrees left
&5&6-7-8 Traveling side left - step onto ball of left foot, cross shuffle right over left stepping right-left-right, step left to left side turning ¼ turn right, step back on right turning ¼ turn right

TRAVELING FORWARD CROSS BALL JACKS, CROSS ROCK RECOVER, SIDE SHUFFLE ¼ TURN LEFT

1&2&3&4 Traveling slightly forward - cross left over right, step right to right, touch left heel 45 degrees left, stepping on ball of left cross right over left (&3), step left to side, touch right heel 45 degrees right
&5-6-7&8 Step onto ball of right, cross/rock left over right, rock back onto right, side shuffle left turning ¼ turn left stepping side left, step right beside left, step left to left turning ¼ turn left

STEP FORWARD, ½ PIVOT, LEFT COASTER, TRAVELING FORWARD - RIGHT HEEL BALL STEP TWICE

1-2-3&4 Step forward right, pivot ½ turn left (end weight on right) left coaster - step back on left, step right beside left, step forward on left
5&6-7&8 Touch right heel forward, step right beside left, step forward on left, touch right heel forward, step right beside left, step forward on left

RIGHT SAILOR, CROSS SHUFFLE, SIDE SHUFFLE, CROSS ROCK BEHIND, ROCK FORWARD

1&2-3&4 Right sailor - cross right behind left, step left to left, replace weight, center on right, cross shuffle left over right stepping left-right-left
5&6-7-8 Side shuffle right stepping right-left-right, rock back on left slightly behind right, rock weight forward onto right

STEP SIDE, SCUFF ACROSS, CROSS ROCK, RECOVER, ¼ RIGHT, ¼ RIGHT STEP SIDE, SAILOR RIGHT

1-2-3-4 Step left to left side, scuff right foot across left, cross/rock right over left, rock weight back onto left foot
5-6-7&8 Step right to right turning ¼ turn right, stepping forward on left turn a further ¼ turn right (ending with left foot to left side of right weight on left), right sailor - cross right behind left, step left to left, replace weight center on right

REPEAT

