

For The Moment

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Karen Hadley (UK)
音樂: Cover You In Kisses - John Michael Montgomery



SYNCOPATED JAZZ BOX, BACK ROCK, CHASSE LEFT

1-2 Cross step right over left, step back on left
&3-4 Step right to right side, cross step left over right, step right to right side
5-6 Cross rock left behind right, rock forward on right in place
7&8 Step left to left side, step right beside left, step left to left side

CROSS, SIDE, SAILOR STEP, CROSS, ¼ TURN LEFT, ¼ TURN CHASSE LEFT

1-2 Cross step right over left, step left to left side
3&4 Cross step right behind left, step left to left side, step right in place
5-6 Cross step left over right, turning ¼ turn left step back on right
7&8 Turning ¼ turn left step left to left side, step right beside left, step left to left side, (6:00)

SYNCOPATED JAZZ BOX, BACK ROCK, CHASSE LEFT

1-2 Cross step right over left, step back on left
&3-4 Step right to right side, cross step left over right, step right to right side
5-6 Cross rock left behind right, rock forward on right in place
7&8 Step left to left side, step right beside left, step left to left side

CROSS, SIDE, SAILOR ¼ TURN RIGHT, STEP, FULL TURN WITH HOOK, RIGHT SHUFFLE FORWARD

1-2 Cross step right over left, step left to left side
3&4 Cross step right behind left, step left to left side, step right ¼ turn right
5-6 Step forward on left, on ball of left pivot full turn right hooking right in front of left

Easy alternative for steps 5-6:

5-6 Step forward on left, hold
7&8 Step forward on right, step left beside right, step forward on right, (9:00)

FORWARD ROCK, ¼ TURN CHASSE LEFT, CROSS, ¼ TURN RIGHT, ¼ TURN CHASSE RIGHT

1-2 Rock forward on left, rock back on right
3&4 Turning ¼ turn left step left to left side, step right beside left, step left to left side
5-6 Cross step right over left, turning ¼ turn right step back on left
7&8 Turning ¼ turn right step right to right side, step left beside right, step right to right side, (12:00)

CROSS, BACK, CHASSE ¼ TURN LEFT, STEP, PIVOT ½ TURN LEFT, RIGHT SCISSOR STEP,

1-2 Cross step left over right, step back on right
3&4 Step left to left side, step right beside left, step left ¼ turn left
5-6 Step forward on right, pivot ½ turn left
7&8 Step right to right side, step left beside right, cross step right over left, (3:00)

SIDE ROCK, BEHIND, ¼ TURN RIGHT, STEP, PIVOT ½ TURN RIGHT, SHUFFLE ½ TURN RIGHT

1-2 Rock left to left side, rock onto right in place
3&4 Cross step left behind right, step right ¼ turn right
5-6 Step forward on left, pivot ½ turn right
7&8 Shuffle ½ turn right, stepping: left, right, left, (6:00)

Easy alternative for steps 5-8:

5 Rock forward on left
6 Rock back on right

7&8 Shuffle back on left, stepping left, right, left

BACK, ¼ TURN LEFT, CROSS ROCK, SIDE, DRAG TOUCH, CHASSE LEFT

1-2 Step back on right, step back on left turning ¼ turn left
3-4 Cross rock right over left, rock back on left in place
5-6 Large step right to right side, slide left to touch beside right
7&8 Step left to left side, step right beside left, step left to left side

REPEAT

TAG

At end of wall 2 (facing back)

CROSS ROCK, CHASSE RIGHT, WEAVE RIGHT

1-2 Cross rock right over left, rock back on left in place
3&4 Step right to right side, step left beside right, step right to right side
5-6 Cross step left over right, step right to right side
7-8 Cross step left behind right, step right to right side

CROSS ROCK, CHASSE LEFT, WEAVE LEFT

1-2 Cross rock left over right, rock back on right in place
3&4 Step left to left side, step right beside left, step left to left side
5-6 Cross step right over left, step left to left side
7-8 Cross step right behind left, step left to left side
