

Stay In The Moment

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數:
編舞者: Alan Birchall (UK) - July 2007
音樂: All My Living (Demo Version) - Beverly Knight : (CD: Music, City, Soul)



Start: Just Before The Lyrics. Seconds: 12. Count: 16

ROCK, RECOVER, BEHIND, SIDE, CROSS, ROCK, RECOVER, BEHIND, UNWIND

1-2 Rock Right To Right, Recover On Left
3&4 Cross Right Behind Left, Step Left To Left, Cross Right Over Left
5-6 Rock Left To Left, Recover On Right
7-8 Cross Left Behind Right, Unwind $\frac{3}{4}$ Turn Left (3 ?0?Clock)

SYNCOPATED ROCK STEPS x3, 1 $\frac{1}{4}$ TRIPLE TURN

9-10 Rock Forward On Right, Recover On Left
&11 Step Right By Left, Rock Forward On Left
12 Recover On Right
& 13 Step Left By Right, Rock Forward On Right
14 Recover On Left
15&16 Making $1\frac{1}{4}$ Triple Turn Right Stepping Right, Left, Right (6 ?0?Clock) Alt: $\frac{1}{4}$ Triple Turn Right

ROCK, RECOVER, SIDE,CROSS, SIDE, HEEL, STEP, CROSS, SIDE, CROSS, $\frac{1}{4}$ PIVOT

17-18 Cross Rock Left Over Right, Recover On Right
&19 Step Left To Left, Cross Right Over Left
&20 Step Left To Left, Extend Right Heel
21 Step Right In Place, Cross Left Over Right
22 Step Back On Right
&23 Step Left To Left, Cross Right Over Left
24 Make $\frac{1}{4}$ Turn Left ? Weight On Left(Facing 3?0?clock)

HEEL SWITCH?S, STEP, $\frac{1}{4}$ PIVOT, COASTER STEP, STEP $\frac{1}{2}$ PIVOT

25& Touch Right Heel Forward, Step Right By Left
26& Touch Left Heel Forward, Step Left By Right
27-28 Step Forward On Right, $\frac{1}{4}$ Pivot Left ? Weight On Right (12 ?0?Clock)
29& Step Back On Left, Step Right By Left
30 Step Forward On Left
31-32 Step Forward On Right, $\frac{1}{2}$ Pivot Left (6 ?0?Clock)

Start Again