

# Big Moments

拍數: 32      牆數: 2      級數: Intermediate / Advanced NC2S  
編舞者: Rachael McEnaney (USA) - December 2007  
音樂: Lost In This Moment - Big & Rich



**Intro: 16 counts from start of track – dance begins on vocals**

**(1 – 8) Left coaster into ¾ turn, behind side cross, side rock cross, turn, rolling vine, cross rock**

- & 8 &      Step back on left (&), step right next to left (8), step forward on left (&) 12.00  
1            Make ¾ turn right on ball on left sweeping right foot round to behind left (clockwise) (1), 9.00  
2 & 3      Cross right behind left (2), step left to left side (&), cross right over left (3) 9.00  
& 4 &      Rock left to left side (&), recover weight to right (4), cross left over right (&) 9.00  
5 &        Make ¼ turn left stepping back on right (5), make ¼ turn left on ball of right sweeping left leg  
             – no weight change (&) 3.00

**Note: try not to count the above & count – think of it as part of count 5.**

- 6 & 7      Make ¼ turn left stepping forward on left (6), make ½ turn left stepping back on right (&),  
             make ¼ turn left stepping left to left side (7) 3.00  
8 &        Rock forward on right (slightly in front of left) (8), recover weight to left (8) (body is angled  
             towards 1.30) 1.30

**(9 – 16) ½ turn right, walks round, cross, side rock, cross ½ turn left**

- 1            Make ½ turn right to face 7.30 stepping forward on right 7.30  
2 & 3      Step forward on left (2), make 1/8 turn left stepping forward on right (&), make 1/8 turn left  
             stepping forward left (3) 4.30  
4 & 5      Make 1/8 turn left stepping forward right (4), make 1/8 turn left stepping forward left (&) cross  
             right over left (5) 1.30  
6 & 7      Rock left to left side squaring up to face 3.00 (6), recover weight to right (&), cross left over  
             right (7) 3.00  
& 8 &      Make ¼ turn left stepping back on right (&), make ¼ turn left stepping left to left side (8),  
             cross right over left (&) 9.00

**(17 – 24) Nightclub basic left and right, ¼ turn left, full pivot turn left, left lock step back**

- 1 – 2 &      Step left to left side (1), rock back on right (2), recover weight forward onto left (&) 9.00  
3 – 4 &      Step right to right side (3), rock back on left (4), recover weight forward onto right (&) 9.00  
5 – 6 &      Make ¼ turn left stepping forward on right (5), step forward on right (6), make ½ turn left  
             weight ends left (&) 12.00  
7 – 8 &      Make ½ turn left stepping back on right (7), step back on left (8), lock step crossing right over  
             left (&) 6.00

**(25 – 32) ¼ turn right, touch lunge, ¼ turn left, full turn left, walk, rock forward – into start of dance**

- 1 – 2 &      Step back on left (1), make ¼ turn right stepping right to side (2), touch left toe to left side  
             bending right leg slightly (&) 9.00  
3 – 4 &      Make ¼ turn left stepping forward on left (3), make ½ turn left stepping back on right (4),  
             make ½ turn left stepping forward on left (&) 6.00  
5            Step forward on right (5) 6.00

**Easy alt Alternative for counts 4 & 5 would be to do a right shuffle/lock step forward**

- 6 - 7        Rock forward on left (6), recover weight onto right (7) 6.00

**START AGAIN, HAVE FUN!**