

Momentum

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Maureen Jones (UK) & Michelle Jones (UK) - May 2009
音樂: Somebody - Eagles : (CD: Long Road Out Of Eden)



Intro: 64 counts. (thegirls2ms@hotmail.com)

CROSS, SIDE, HOLD, TOGETHER, STEP, BACK ROCK, KICK-BALL-CROSS

1-2 Step left across right, step right to right
3&4 Hold, step left beside right, step right to right
5-6 Rock left back, recover onto right
7&8 Kick left diagonally forward left, step left to left, step right across left

SIDE ROCK – ¼ TURN, STEP, ½ PIVOT, BACK ROCK, STEP, ½ PIVOT, SWEEP

9-10 Rock left to left, recover onto right making ¼ turn right
11-12 Step left forward, pivot ½ turn right keeping weight on left
13-14 Rock right back, recover onto left
15-16& Step right forward, pivot ½ turn left keeping weight on right, sweep left to back

BEHIND, SIDE, CROSS, SIDE ROCK, CROSS, ¼ TURN-BACK, ¼ TURN-SIDE SHUFFLE

17-18 Step left behind right, step right to right
19&20 Step left across right, rock right to right, recover onto left
21-22 Step right across left, make ¼ turn right and step left back
23&24 Make ¼ turn right and step right to right, step left beside right, step right to right

CROSS, SWEEP, CROSS, SIDE, BACK ROCK, SIDE, BEHIND, SIDE

25-26 Step left across right, sweep right from back to front
27-28 Step right across left, step left to left
29-30 Rock right back, recover onto left
31-32& Step right to right, step left behind right, step right to right

Dance concludes on count 26. To finish facing the front extend final sweep ¼ turn left.
