

My First Moment

COPPER KNOB
BY SHEPHERD

拍數: 48 牆數: 4 級數: Intermediate / Advanced
編舞者: Niels Poulsen (DK) - May 2009
音樂: From My First Moment - Charlotte Church : (CD: Enchantment)



Intro: 12 counts, 7 seconds into track. Start with weight on R foot

(1–6) ¼ L Fw, ½ Back Lock Step, ½ L, Step ½ L

1,2&3 Turn ¼ L stepping L fw (1), turn ½ L stepping R back (2), lock L over R (&), step R back (3) [3:00]

4–6 Turn ½ L stepping fw on L (4), step fw on R (5), turn ½ L stepping onto L (6) [3:00]

(7–12) Fw R, ½ Back Lock Step, ½ R, Step ¼ R

1,2&3 Step R fw (1), turn ½ R stepping back on L (2), lock R over L (&), step back on L (3) [9:00]

4–6 Turn ½ R stepping fw on R (4), step L fw (5), turn ¼ R stepping R a small step R (6) [6:00]

(13–18) L Twinkle, R Twinkle ½ R

1–3 Cross L in front of R (1), step R diagonally fw (2), step L to L side (3) [6:00]

4–6 Cross R in front of L (4), turn ¼ R stepping back on L (5), turn ¼ R stepping R to R (6) [12:00]

(19–24) L Cross Rock Side, Cross R Over L, L Full Unwind

1–3 Cross rock L over R (1), recover weight to R (2), step L to L side (3) [12:00]

4–6 Cross R in front of L (4), start unwinding full turn L (5), complete unwind (weight R) (6) [12:00]

(25–30) ¼ L Lunge Fw, Prepare Upper Body For Turn, R Full Unwind Sweep

1–3 Turn ¼ L stepping L fw (1), extend R arm fw and rotate upper body slightly to L side over counts 2 and 3 [9:00]

(this works as a preparation for your R full unwind)

4–6 Start unwinding full turn R on L (1), complete full unwind (2), sweep R to R side (3) [9:00]

(31–36) R Behind L, Chasse L, R Cross Rock Side With 1/8 R

1,2&3 Cross R behind L (1), step L to L side (2), bring R next to L (&), step L to L side (3) [9:00]

4–6 Cross rock R over L (4), recover on L foot (5), step R to R side turning body 1/8 R (6) [10:30]

(37–42) Step Fw L, Slow Low R Lift Fw, Back R, Back Rock L

1–3 Step L fw (1), start lifting R leg (straightened) fw (2), finish your R lift [10:30]

styling: rise in L foot on count 2 and lower on count 3

4–6 Step back on R (4), rock back on L (5), recover weight to R (6) 10:30]

(43–48) Weave, Step R To R Side, Drag L To R Over 2 Counts

1–3 Cross L over R (1), step R to R side squaring up to 9:00 (2), cross L behind R (3) [9:00]

4–6 Step R a big step to R side (4), drag L towards R (5), touch L next to R (6) [9:00]

Begin Again!]

TAG 1 ('small tag'): OCCURS AFTER wall 2, facing 6:00, and AFTER wall 5, facing 9:00.

Oversway L, Oversway R

1–3 Step L to L (1), start rotating upper body towards L diagonal (2), finish rotation (3)

4–6 Step R to R (4), start rotating upper body towards R diagonal (5), finish rotation (6)

TAG 2 ('big tag'): OCCURS AFTER wall 4 facing 12:00.

Oversway L, Full Unwind R, Oversway R

1–3 Step L to L (1), start rotating upper body towards 10:30 (2), finish rotation (3)

4-6 Recover weight to R (4), cross L over R (5), unwind full turn R (6) - weight on L
7-9 Step R to R side (7), start to rotate upper body towards 1:30 (8), finish rotation (9)

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