

One Moment In Time

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Thomas C. Tam (CAN) - June 2012
音樂: One Moment in Time - Whitney Houston : (Album: The Ultimate Collection)



Intro: 16 counts

S1: FORWARD, BACK, BACK, BACK MAMBO, 1/4 RIGHT, CROSS, 1/4 LEFT, 1/4 LEFT, CROSS

1-3 Step R forward, step back L, R
4&5 Rock L back, recover on R, step L forward
6-7 Turn 1/4 right with weight on R, cross L over R [3:00]
8&1 Turn 1/4 left stepping R back, turn 1/4 left stepping L to left side, cross R over L [9:00]

S2: SIDE, TOUCH, RIGHT ROLLING VINE, BACK, RECOVER, 1/2 LEFT, RIGHT VINE

2-3 L large step to left dragging R, touch R next to L
4&5 Turn 1/4 right stepping R forward, turn 1/2 right stepping L back, turn 1/4 right stepping R to right
6&7 Rock L behind R, recover on R, turn 1/2 left crossing L over R [3:00]
&8&1 Step R to right, cross L behind R, step R to right, cross L over R

S3: RECOVER, SIDE, CROSS, RECOVER, 1/4 RIGHT, CHASE 1/2 RIGHT, 1/2 LEFT, BACK, TOUCH

2-3 Recover on R, step L to left
4&5 Cross R over L, recover on L, turn 1/4 right stepping R forward [6:00]
6&7 Step L forward, turn 1/2 right with weight on R, step L forward [12:00]
8&1 Turn 1/2 left stepping R back, step L back, touch R in front of L [6:00]

[At Wall 8, add Count 2, hook R over L, then restart]

S4: ROCK, RECOVER, COASTER STEP, CROSS, SPIRAL FULL TURN RIGHT, FORWARD, LOCK

2-3 Rock R forward, recover on
4&5 Step R back, step L next to R, step R forward
6-7 Cross L over R, full turn right transferring weight to L
8& Step R forward, lock L behind R

6-count tag after Wall 4 [12:00]

CHASE 1/2 LEFT, CHASE 1/2 RIGHT

1-3 Step R forward, turn 1/2 left with weight on L, step R forward
4-6 Step L forward, turn 1/2 right with weight on R, step L forward

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