

Living In The Moment

COPPER KNOB
BY STEPHEN

拍數: 48 牆數: 4 級數: Improver
編舞者: Jacqui Jax (UK) - July 2012
音樂: Living In the Moment - Jason Mraz : (CD: Love Is A Four Letter Word)



Start: On Lyrics. :: Seconds: 14 :: Count: 16 :: BPM: 84

RUMBA BOX, WALK, WALK, COASTER STEP

1&2 Step right to right, step left by right, step forward right
3&4 Step left to left, step right by left, step back left
5-6 Step back right, step back left
7&8 Step back right, step left by right, step forward right

WALK, WALK, SIDE ROCK CROSS, ROCK RECOVER, BEHIND SIDE CROSS

9-10 Step forward left, step forward right
11&12 Rock left to left, recover onto right, cross left over right
Tag: Here During Wall 5 - Restart 2 After Tag During Wall 5 (facing 9:00)
13-14 Rock right to right, recover onto left
15&16 Step right behind left, step left to left, cross right over left

ROCK RECOVER, BEHIND ¼ STEP, STEP KICK, COASTER STEP

17-18 Rock left to left, recover on right
19&20 Step left behind right, making ¼ turn right step forward right, step forward left 3:00
21-22 Step forward right, kick left forward
23&24 Step back left, step right by left, step forward left

STEP LOCK STEP, STEP, PIVOT, STEP, SIDE & SIDE & HEEL & HEEL

25&26 Step forward right, step left behind right, step forward right
27&28 Step forward left, pivot ½ turn right, step forward left 9:00
29&30& Touch right to right, step right by left, touch left to left, step left by right,
31&32& Touch right heel forward, step right by left, touch left heel forward, step left by right

WALKS FORWARD MAKING ¾ TURN LEFT, JAZZ BOX

33-34 Step forward right, step forward left
35-36 Step forward right, step forward left 12:00
37-38 Cross right over left, step back left
39-40 Step right to right, step forward left

Restart 1 During Wall 2 (facing 3:00)

ROCK RECOVER, ½ TRIPLE TURN, ROCK RECOVER, ¼ SAILOR TURN

41-42 Rock forward onto right, recover onto left
43&44 Make ½ turn right stepping right left right 6:00
45-46 Rock forward onto left, recover onto right
47&48 Sweep left around right making ¼ turn left, step left behind right, step right to right, step forward left 3:00

Dance Ends Here Wall 7 - To Finish Facing 12:00

Replace Counts 47&48 (¼ Sailor Turn) with ½ or 1½ Triple Turn Left

START AGAIN

Restart 1: Wall 2 after count 40

Restart 2: Wall 5 after 4 count Tag

Tag: Wall 5 After Count 12
(JAZZ BOX CROSS)

1-4 Cross right over left, step back onto left, step right to right, cross left over right

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