

Moment in Time

COPPER KNOB
STEPSHETS

拍數: 32

牆數: 4

級數: Absolute Beginner - Country Rumba
– Unphrased



編舞者: Dee Musk (UK) - May 2013

音樂: I'm Just Your Yesterday (feat. Cher) - Georgia Holt : (Album: Honky Tonk Woman)

16 Count Intro – Approx 10 seconds – Begin on the word 'Grow' [3 mins 38 secs - BPM 108 - iTunes]

Step Forward, Together, Step Forward, Hold, Rock Forward, Recover, Step Back, Hold.

1-4 Step forward on R, step L beside R, step forward on R, hold count 4.

5-8 Rock forward on L, recover weight to R, step back on L, hold count 8. (12 o'clock).

Step Back, Together, Step Back, Hold, Rock Back, Recover, Step Forward, Hold.

1-4 Step back on R, step L beside R, step back on R, hold count 4.

5-8 Rock back on L, recover weight to R, step forward on L, hold count 8. (12 o'clock).

Cross, Side, Cross, Sweep, Cross, Side, Behind, Sweep.

1-4 Cross R over L, step L to L side, cross R over L, sweep L to in front of R.

5-8 Cross L over R, step R to R side, cross step L behind R, sweep R to behind L. (12 o'clock).

Behind, Side, Cross, Hold, Rock, ¼ Turn R, Step Forward, Hold.

1-4 Cross step R behind L, step L to L side, cross step R over L, hold count 4.

5-8 Rock L to L side, recover weight to R making a ¼ turn R, step forward on L, hold count 8. (3 o'clock).

Music finishes facing 6 o'clock wall, option to finish facing the front; step forward on Left and make a ½ turn Right. Ta da!!!

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