

My Moment

拍數: 64 牆數: 2 級數: Improver
編舞者: Shaz Walton (UK) - August 2014
音樂: Live My Life (feat. Justin Bieber) - Far East Movement



Count on...48 Counts...on...'This Beat'

Step. Touch. Step. Touch. Step. Touch behind. Step together.

- 1-2 Step side right. Cross touch left over right.
- 3-4 Step side left. Cross touch right over left.
- 5-6 Step side right. Touch left behind right.
- 7-8 Step side left. Step right beside left.

(When touching behind or in front, bend you knees!!) (Optional)

Swivel x4. Rock back. Recover. Walk. Step ¼ pivot turn

- 1-4 Swivels heels to right. Swivel toes to right. Swivel heels to right. Swivel heels to left. (Weight left)
- 5-6 Rock back on right. Recover on left.
- 7-8 Step forward right. Make ¼ turn left.

Cross. Point. Touch. Side. Jazz box ¼

- 1-2 Cross step right over left. Point left to left side.
- 3-4 Touch left beside right. Step left to left side.
- 5-6 Cross step right over left. Step back on left.
- 7-8 Make ¼ turn right stepping right to right side. Step forward left.

Rock recover. Shuffle ½. Step pivot ½. Shuffle forward.

- 1-2 Rock forward on right. Recover on left.
- 3&4 Make a shuffle ½ turn right stepping R-L-R
- 5-6 Step forward left. Make ½ turn right.
- 7&8 shuffle forward stepping L-R-L

Ball step. Body roll. Back. Back. Bounce x3 making ½ turn.

- &1 Step right beside left. Step left forward (This is the start of the body roll)
- 2-4 Body roll forward forward over 3 counts. (Weight Right)
- &5 Step back left. Step back right.
- 6-8 Make ½ turn right , bouncing (dropping heels) over 3 counts. (Weight left)

Step back. Touch. Step back. Touch. Coaster step. Full turn (or 2 walks)

- 1-2 Step back on right. Touch left across right.
- 3-4 Step back on left. Touch right across left.
- 5&6 Step back right. Step left beside right. Step forward right.
- 7-8 Make ½ turn right stepping back left. Make ½ turn right stepping forward right.

Tag/Restart point. See below

Rock/hips x4. Ball step. Hold. Back. Step. Forward. Step ¼.

- 1-2 Step forward left and rock forward. Rock back on right.
- 3-4 Rock forward left. Recover on right
- (Counts 1-4 roll your hips in a figure of 8 motion & sway shoulders)
- &5-6 Step left beside right. Step right back. HOLD
- &7-8 step left beside right. Step forward right. Pivot ¼ turn left.

Cross. Side behind side cross. Side rock. Recover. Behind ¼ step.

- 1-2 Cross right over left. Step left to left side.
3&4 Cross step left behind right. Step left to left side. Cross step right behind left.
5-6 Side rock left to left. Recover on right.
7&8 Cross step left behind right, make $\frac{1}{4}$ turn right stepping right forward. Step forward left.

Tag/Restart 3rd Wall after 48 counts but.... do the following.

- 7-8& Make $\frac{1}{2}$ turn right stepping back left. Make $\frac{1}{2}$ turn right stepping forward right. Step left beside right.
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