## Live in the Moment

**Count: 32** 

Ebene: Beginner

Choreograf/in: Shea McCafferty (USA) - April 2018

Musik: Live in the Moment (feat. GoldLink) - Craig David

	ounts from start of the track. (Approx 5 secs, right before he says "Hey girl") is one Restart on wall 3. Dance 16 cts. then begin again.
[1 – 8] R Roc	king Chair, Jump Feet Fwd, Close R, Jump Feet Out
1234	Rock R forward (1) Recover weight L (2) Rock R back (3) Recover weight L (4) 12
&5 6	Jump R forward (&) Step L next to R (5) Hold (6) *Styling bounce shoulders/shake hips 12
&7 8	Step R out/back to right side (&) Step L out/back to left side (7) Hold (8) *Styling bounce shoulders/shake hips 12
• •	oss Rock, Recover, R Shuffle Step, L Cross Rock, Recover, L Shuffle ¼ turn
12	Cross rock R over L (1) Recover weight L (2) 12
3&4	Step R to right side (3) Step L next to R (&) Step R to right side (4) 12
56	Cross rock L over R (5) Recover weight R (6) 12
7&8	Make ¼ turn L stepping forward L (7) Step R next to L (&) Step L forward (8) 9
Restart the da	ance here during 3rd wall. The 3rd wall begins facing 6:00 and you will Restart facing 3:00
[17 – 24] R R	ock, Recover, R-L Walk Back, R-L-R-L Syncopated Step touches x4 traveling slightly back
1234	Rock R forward (1) Recover weight L (2) Step back R (3) Step Back L (4) 9
&5	Step R slightly back to right diagonal (&) Touch L next to R (5) 9
&6	Step L slightly back to Back diagonal (&) Touch R next to L (6) 9
&7	Step R slightly back to right diagonal (&) Touch L next to R (7) 9
&8	Step L to left side (&) Touch R next to left (8) 9
Easy option S next to L (8)	Step R back to right diagonal (5) Touch L next to R (6) Step L back to left Diagonal (7) Touch R
[25 – 32] V Si	tep, ¼ pivot turn, ¼ pivot turn
12	Step R forward to right diagonal (1) Step L forward to left diagonal (2) 9

- 12 34
- Step R back to centre (3) Step L next to R (4) 9
- 56 Step R forward (5) Make a 1/4 turn pivot to left (6) (weight ends L) 6
- 78 Step R forward (7) Make a 1/4 turn pivot to left (8) (weight ends L) \*Styling roll hips as you turn 3

## Contact: Mshea529@gmail.com





Wand: 4