

A Single Moment

Count: 48

Wand: 4

Ebene: Intermediate / Advanced

Choreograf/in: Aiden Montgomery (UK)

Musik: Couldn't Last a Moment - Collin Raye



SIDE, SLIDE, AND CROSS, ¼ TURN, BUMPS X4

- 1-2 Step right to right side, slide left towards right (don't slide all the way together)
- &-3 Step left foot back, cross right over left
- 4 Step left to left side making ¼ turn left
- 5& Touch right toe forward bumping hips forward, bump hips back
- 6& Bump hips forward, bump hips back
- 7& Bump hips forward, bump hips back
- 8 Bump hips forward

ROCK, RECOVER, BACK, LOCK, BACK, SWEEP ½ TURN RIGHT, STEP, LOCK, STEP

- 1-2 Rock left foot forward, recover weight to right
- 3&4 Step left foot back, lock right over left, step left foot back
- 5-6 Sweep right foot ½ turn right, weight ending up on right foot
- 7&8 Step left foot forward, lock right behind left, step left foot forward

ROCK, RECOVER, BACK, LOCK, BACK, SWEEP ½ TURN LEFT, TOUCH FORWARD, SIDE

- 1-2 Rock right foot forward, recover weight to left
- 3&4 Step right foot back, lock left over right, step right foot back
- 5-6 Sweep left foot ½ turn left, weight ending up on left foot
- 7-8 Touch right toe forward, touch right toe to right side

SAILOR TURN ¼ RIGHT, TOUCH FORWARD, SIDE, SAILOR TURN ¼ LEFT, ROCK RECOVER

- 1&2 Cross right behind left, step left to left side, step right to right side making ¼ turn right
- 3-4 Touch left toe forward, touch left toe to left side
- 5&6 Cross left behind right, step right to right side, step left to left side making ¼ turn left
- 7-8 Rock forward on right, recover weight to left

½ TURN RIGHT, LEFT, RIGHT, ROCK AND RECOVER, TOUCH ¼ TURN, CROSS SHUFFLE

- 1&2 ½ turn right, stepping right left right

Optional 1 ½ turn right on right left right

- 3&4 Rock left forward, recover weight to right, step left foot back
- 5-6 Touch right toe back, ¼ turn right weight remaining on left
- 7&8 Cross right over left, step left to left side, cross right over left

STEP BACK, SIDE, FORWARD, STEP, LOCK, STEP ¼ TURN RIGHT, SIDE, BEHIND, SIDE, IN FRONT, SIDE, ROCK, RECOVER

- 1-2 Step left foot back, step right to right side
- 3 Step left foot forward
- 4&5 Step right foot forward, lock left behind right, step right foot forward turning ¼ right
- &6& Step left to left side, cross right behind left, step left to left side
- 7& Cross right over left, step left to left side
- 8& Rock back on right foot, recover weight to left

REPEAT