

# One Moment

Count: 40

Wall: 2

Level: Improver

Choreographer: Grace Coleman (UK)

Music: Un Momento Alla - Rick Trevino



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## ROCK RIGHT, ROCK LEFT, RIGHT SAILOR SHUFFLE, ROCK LEFT, ROCK RIGHT, LEFT SAILOR SHUFFLE

- 1-2 Rock to right side on right foot, rock to left side on left foot  
3&4 Right foot cross behind left, left foot step left side, right foot step along side left  
  
5-6 Rock to left side on left foot, rock to right side on right foot  
7&8 Left footstep behind right, right foot step to right side, left foot step along side right

## VINE RIGHT CROSS STEP TOUCH RIGHT, ROCK FORWARD & BACK TRIPLE STEP ½ TURN RIGHT

- 9-10 Right foot step to right side, left foot step behind right  
11-12 Right foot step to right left foot crosses over right, touch right foot out to right side  
13-14 Rock forward onto right foot rock back onto left foot  
15&16 Triple step 112 turn over right shoulder right, kick right

## VINE RIGHT, LEFT SAILOR STEP ROCK FORWARD & BACK TRIPLE STEP ½ TURN RIGHT

- 17-18 Cross left foot over right, step right foot to right  
19-20 Cross left foot behind right, step right to right side, step left foot in place  
21-22 Rock forward on right foot, rock back on left foot  
23-24 Triple step 112 turn over right shoulder, right, left, right

## ROCK FORWARD & BACK LEFT COAST STEP VINE LEFT RIGHT SAILOR STEP

- 25-26 Rock forward on left foot, rock back on right foot  
27-28 Step left foot back right foot along side left step left foot forward  
29-30 Cross right foot over left, step left foot to left side  
31-32 Step right foot behind left, left foot to left right foot in place

## VINE RIGHT, LEFT SAILOR STEP, ¼ TURN LEFT, ¼ TURN LEFT

- 33-34 Cross left foot over right, step right foot to right side  
35&36 Cross left foot behind right step right to right sidestep left foot in place  
37-40 Step right foot forward 114 turn left, step right foot forward 114 turn left

**REPEAT**

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