# Live in the Moment



Compte: 32 Mur: 4 Niveau: Beginner

Chorégraphe: Shea McCafferty (USA) - April 2018

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



Count In: 8 counts from start of the track. (Approx 5 secs, right before he says "Hey girl") Notes: There is one Restart on wall 3. Dance 16 cts. then begin again.

#### [1 – 8] R Rocking Chair, Jump Feet Fwd, Close R, Jump Feet Out

| 1 2 3 4 | 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

#### [9 - 16] R Cross Rock, Recover, R Shuffle Step, L Cross Rock, Recover, L Shuffle 1/4 turn

| 1 2 | 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 |

5 6 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 dance here during 3rd wall. The 3rd wall begins facing 6:00 and you will Restart facing 3:00

#### [17 – 24] R Rock, 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 Step R back to right diagonal (5) Touch L next to R (6) Step L back to left Diagonal (7) Touch R next to L (8)

## [25 – 32] V Step, ¼ pivot turn, ¼ pivot turn

| 12  | Step R forward to right diagonal (1) Step L forward to left diagonal (2) 9                        |
|-----|---|
| 3 4 | Step R back to centre (3) Step L next to R (4) 9  |
| 5 6 | Step R forward (5) Make a ¼ turn pivot to left (6) (weight ends L) 6                              |
| 7 8 | Step R forward (7) Make a ¼ turn pivot to left (8) (weight ends L) *Styling roll hips as you turn |
|     | 3   |

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