

# A Moment

**Compte:** 48

**Mur:** 2

**Niveau:** Improver

**Chorégraphe:** Roland (Gutz) Gutzwiller (CH)

**Musique:** A Moment Isn't Very Long - Willie Nelson



## **LEFT KICKBALL CHANGES, ROCK LEFT, 2X**

- 1&2 Kick forward left, step down on ball of left, change weight to right  
3-4 Rock step on left to the left, recover on right  
5&6 Kick forward left, step down on ball of left, change weight to right  
7-8 Rock step on left to the left, recover on right

## **SHUFFLE LEFT, AND CROSS ROCK RIGHT**

- 9&10 Step side left, bring right next to left, step side left  
11-12 Cross rock right over left, rock back on left

## **SHUFFLE RIGHT, AND CROSS ROCK LEFT**

- 13&14 Step side right, bring left next to right, step side right  
15-16 Cross rock left over right, rock back on right

## **LEFT TOE POINT, HOLD, CROSS SHUFFLE ON LEFT TO THE RIGHT**

- 17-18 Point left toe to the left side, hold  
19&20 Cross left in front of right, bring right next to left, cross left in front of right

## **RIGHT TOE POINT, ¼ TURN, SHUFFLE ON RIGHT WITH ¼ TURN**

- 21-22 Point right toe to the right side, pivot ¼ turn left  
23&24 While pivoting ¼ turn left and step right to the right side, bring left next to right, step right to the right side

## **LEFT HEEL TOUCH FORWARD, LEFT TOE TOUCH, LEFT COASTER STEP**

- 25-26 Touch left heel forward, touch left toe next to right  
27&28 Step left back, step right beside left, step left forward

## **RIGHT TOE POINT RIGHT, FORWARD, RIGHT COASTER STEP**

- 29-30 Point right toe to the right side, forward  
31&32 Step right back, step left beside left, step right forward

## **LEFT TOE POINT LEFT, FORWARD, LEFT COASTER STEP**

- 33-34 Point left toe to the left side, forward,  
35&36 Step left back, step right beside left, step left forward

## **RIGHT KICKBALL CHANGE ¼ TURN RIGHT**

- 37&38 Kick forward right, step down on ball of right, change weight to left  
39-40 Step on right heel and pivot ¼ right, step left together

## **RIGHT KICKBALL CHANGE ¼ TURN RIGHT**

- 41&42 Kick forward right, step down on ball of right, change weight to left  
43-44 Step on right heel and pivot ¼ right, step left together

## **RIGHT CROSS ROCK FORWARD, RECOVER, ½ TURN, RIGHT SHUFFLE**

- 45-46 Cross rock right over left, rock back on left  
47&48 Right shuffle forward with ½ turn right

REPEAT

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