

One Moment

Compte: 40

Mur: 2

Niveau: Improver

Chorégraphe: Grace Coleman (UK)

Musique: Un Momento Alla - Rick Trevino



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
