

Stay In The Moment

Compte: 32

Mur: 2

Niveau:

Chorégraphe: Alan Birchall (UK) - July 2007

Musique: All My Living (Demo Version) - Beverly Knight : (CD: Music, City, Soul)



Start: Just Before The Lyrics. Seconds: 12. Count: 16

ROCK, RECOVER, BEHIND, SIDE, CROSS, ROCK, RECOVER, BEHIND, UNWIND

- 1-2 Rock Right To Right, Recover On Left
- 3&4 Cross Right Behind Left, Step Left To Left, Cross Right Over Left
- 5-6 Rock Left To Left, Recover On Right
- 7-8 Cross Left Behind Right, Unwind $\frac{3}{4}$ Turn Left (3 ?0?Clock)

SYNCOPATED ROCK STEPS x3, 1 $\frac{1}{4}$ TRIPLE TURN

- 9-10 Rock Forward On Right, Recover On Left
- &11 Step Right By Left, Rock Forward On Left
- 12 Recover On Right
- & 13 Step Left By Right, Rock Forward On Right
- 14 Recover On Left
- 15&16 Making $1\frac{1}{4}$ Triple Turn Right Stepping Right, Left, Right (6 ?0?Clock) Alt: $\frac{1}{4}$ Triple Turn Right

ROCK, RECOVER, SIDE, CROSS, SIDE, HEEL, STEP, CROSS, SIDE, CROSS, $\frac{1}{4}$ PIVOT

- 17-18 Cross Rock Left Over Right, Recover On Right
- &19 Step Left To Left, Cross Right Over Left
- &20 Step Left To Left, Extend Right Heel
- 21 Step Right In Place, Cross Left Over Right
- 22 Step Back On Right
- &23 Step Left To Left, Cross Right Over Left
- 24 Make $\frac{1}{4}$ Turn Left ? Weight On Left(Facing 3?0?clock)

HEEL SWITCH?S, STEP, $\frac{1}{4}$ PIVOT, COASTER STEP, STEP $\frac{1}{2}$ PIVOT

- 25& Touch Right Heel Forward, Step Right By Left
- 26& Touch Left Heel Forward, Step Left By Right
- 27-28 Step Forward On Right, $\frac{1}{4}$ Pivot Left ? Weight On Right (12 ?0?Clock)
- 29& Step Back On Left, Step Right By Left
- 30 Step Forward On Left
- 31-32 Step Forward On Right, $\frac{1}{2}$ Pivot Left (6 ?0?Clock)

Start Again
