

# One Moment

**COPPER KNOB**  
STEPSHETS

拍数: 40      墙数: 2      级数: Improver  
编舞者: Grace Coleman (UK)  
音乐: 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**

---