

# Stay In The Moment

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 2      级数:  
编舞者: Alan Birchall (UK) - July 2007  
音乐: 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**