

# One Moment in Time

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Jaszmine Tan (MY) - April 2016  
音樂: The Moment You Were Mine - Beth Nielsen Chapman



Intro : 16 count

**Sec 1 □: Cross & Behind 1/8, Step side 1/8 & Forward 1/8, Step R & Ronde L 5/8 turning L, Sweep R back**

1                    Cross L over R  
2 & 3                Step R 1/8 back, step L back, step R back □□□□□□(10.30)  
4 & 5                Step L 1/8 to L , step R 1/8 forward, step L forward □□ □□□(7.30)  
6 – 8                Step on R & ronde L turning 5/8 L, step down on L & sweep R back, step on R (12.00)

**Sec 2 □: Walk forward L, R, L, R, 1/2 Pivot L, Step & Touch , Cross L**

1                    Walk L forward  
2 & 3                Walk forward R , L, R (alternatives : small running steps)□□□□(12.00)  
4 – 5                1/2 L stepping forward on L , Touch R to R□□ □□ □□(6.00)  
6 – 8                Cross R over L, Touch L to L, Cross L over R

**Sec 3 □: Step R back, Circle L turning, Sweep R forward, Sweep L forward, Step R back**

1                    Step back on R  
2&3&4&            Step L, R, L, R, L, R turning L making a full circle□□□□□(6.00)  
5 – 6                Step on L, sweep R from back to front, step on R & sweep L from back to front  
7 – 8                Step on L, recover on R

**Sec 4 □: L Coaster, Full travelling L turn, Step L, 1/4 Pivot Sway R, L , R**

1 & 2                Step L back, close R next to L, step L forward  
3 & 4                Step back on R 1/2 turning L, step forward on L 1/2 turning L, step forward on R □(6.00)

**\*\*\* Wall 5 dance up to 28 count & Restart \*\*\***

5 – 6                Step L forward, sway 1/4 turning R □□□□□□□(9.00)  
7 – 8                Sway L, R

**Wall 5 – Short wall dance up to 28 count , Restart (facing 6.00)**

**Ending Wall 8 - music will slow down continue to dance up to 24 count, then touch L behind R & make a 1/2 turning L & pose. (facing 12.00)**

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