

# Live In The Moment!

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Ann-Kristin Sandberg (NOR) - January 2018  
音樂: Live in the Moment - Portugal. The Man : (iTunes)



**INTRO: 16 Count - Dance ends at 3:05**

**S1: KICKBALLSTEP-ROCK RECOVER-1/2 TURN R-TOE STRUT-1/2 TURN R-TOE STRUT**

1&2      Kick R foot forw, Step R next to L, Step L forw  
3-4      Step R forw, Recover onto L  
5-6      ½ turn R touch R toe forw, R heel down (F06)  
7&8      ½ turn R touch L toe backw, L heel down (F12)

**S2: ¼ TURN R-TOE STRUT-CROSS-POINT-TOGETHER-1/4 TURN WITH HEEL BUMP-BACK-POINT**

1-2      ¼ turn touch R toe to R side, R heel down (F03)  
3-4      Cross L over R, Point R out to R side  
5&6      Step R next to L, Lift both heels up, Turn ¼ L with heels down (F12)(bend knees)  
7-8      Step L backw, Point R toe forw

**S3: BACK-POINT-BACK RECOVER-CROSS-POINT-CROSS-POINT**

1-2      Step R backw, Point L toe forw  
3-4      Step L backw, Recover onto R  
5-6      Cross L over R, Point R out to R side  
7-8      Cross R over L, Point L out to L side

**S4: JAZZBOX-CROSS-SIDE-HOLD-BACK RECOVER**

1-2      Cross L over R, Step R backw  
3-4      Step L to L side, Cross R over L  
5-6      Step L to L side, Hold  
7-8      Step R back, Recover onto L (F 12)

**S5: TOE STRUTS x2-SIDE-TOGETHER-BACK-KICK**

1-2      Touch R toe to R side, R heel down (turn your body diagonal to R)  
3-4      Cross L toe in front of R, L heel down  
5-6      Step R to R side, Step L next to R  
7-8      Step R backw, Kick L forw

**S6: BACK RECOVER-STEP-SWEEP R-STEP-SWEEP L-STEP-TOUCH**

1-2      Step L backw, Recover onto R  
3-4      Step L forw, Sweep R out to R side  
5-6      Step R forw, Sweep L out to L side  
7-8      Step L forw, Touch R next to L

**RESTART on wall 5 Facing 12 after 48 count**

**S7: ROCK RECOVER-1/2 TURN R-STEP-1/2 TURN L-1/2 TURN L-WALK x 2**

1-2      Step R forw, Recover onto L  
3-4      ½ Turn R stepping R forw, Step L forw (F06)  
5-6      ½ turn L stepping R backw, ½ turn L stepping L forw  
7-8      Step R forw, Step L forw

**S8: OUT-HOLD-OUT-HOLD-TOGETHER-BEND KNEES**

1-2      Step R out to R side (Put your R hand on your chest), Hold  
3-4      Step L out to L side (Put your L hand to your chest), Hold

- 5-6 Step R next to L & move both arms up & out making a circle down  
7-8 Raise your R arm up in the air, bend both knees & move your R arm down

**TAG: End of wall 2 facing 12:**

- 1-2 Step R forw, Recover onto L  
3-4 Step R backw, Recover onto L  
5-6 Step R to R side, Recover onto L  
7-8 Step R backw, Recover onto L

**RESTART: Wall 5 after 48 count facing 12**

**Last Update - 25th Jan. 2018**

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