Live in the Moment

拍數: 32 **牆數:** 4 **級數:** Beginner
編舞者: Shea McCafferty (USA) - April 2018
音樂: Live in the Moment (feat. GoldLink) - Craig David

Count In: 8 counts from start of the track. (Approx 5 secs, right before he says "Hey girl")
Notes: There is one Restart on wall 3. Dance 16 cts. then begin again.

[1 – 8] R Rocking Chair, Jump Feet Fwd, Close R, Jump Feet Out

1 2 3 4	Rock R forward (1) Recover weight L (2) Rock R back (3) Recover weight L (4) 12
&5 6	Jump R forward (&) Step L next to R (5) Hold (6) *Styling bounce shoulders/shake hips 12
&7 8	Step R out/back to right side (&) Step L out/back to left side (7) Hold (8) *Styling bounce shoulders/shake hips 12

[9 – 16] R Cross Rock, Recover, R Shuffle Step, L Cross Rock, Recover, L Shuffle ¼ turn

1 2	Cross rock R over L (1) Recover weight L (2) 12
3&4	Step R to right side (3) Step L next to R (&) Step R to right side (4) 12
5 6	Cross rock L over R (5) Recover weight R (6) 12
7&8	Make ¼ turn L stepping forward L (7) Step R next to L (&) Step L forward (8) 9

Restart the dance here during 3rd wall. The 3rd wall begins facing 6:00 and you will Restart facing 3:00

[17 – 24] R Rock, Recover, R-L Walk Back, R-L-R-L Syncopated Step touches x4 traveling slightly back

1 2 3 4	Rock R forward (1) Recover weight L (2) Step back R (3) Step Back L (4) 9
&5	Step R slightly back to right diagonal (&) Touch L next to R (5) 9
&6	Step L slightly back to Back diagonal (&) Touch R next to L (6) 9
&7	Step R slightly back to right diagonal (&) Touch L next to R (7) 9
&8	Step L to left side (&) Touch R next to left (8) 9

Easy option Step R back to right diagonal (5) Touch L next to R (6) Step L back to left Diagonal (7) Touch R next to L (8)

[25 – 32] V Step, ¼ pivot turn, ¼ pivot turn

1 2	Step R forward to right diagonal (1) Step L forward to left diagonal (2) 9
3 4	Step R back to centre (3) Step L next to R (4) 9
5 6	Step R forward (5) Make a ¼ turn pivot to left (6) (weight ends L) 6
7 8	Step R forward (7) Make a ¼ turn pivot to left (8) (weight ends L) *Styling roll hips as you turn 3

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