

# One Moment In Time!

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Stephen Paterson (AUS) - April 2018  
音樂: One Moment In Time (2000 Remaster) - Whitney Houston : (Album: Whitney Houston The Ultimate Collection - iTunes)



Start dance after 20 counts on the word 'live'

There are four restarts, including a 2 count tag after 8 counts on wall 5

**[1-8] Rock Forward, Recover, Half Forward, Spin , Half, Half, Forward, Sweep Across, Side, Behind, Sweep Behind, Side**

1 2 &      Rock step right forward, recover back onto left in place, Turn 1/2 right then step right forward (&) 6.00  
3 4      Step left forward, full spin right then step right forward,  
& 5      Turn 1/2 right then step left slightly back (&), turn 1/2 right then step right slightly forward  
(Easier non turn option: (4) step right forward, (&) step left beside right, (5) step right forward)  
6 & 7      Sweep left around to step left across right, step right out to side (&), step left behind right  
8 &      Sweep right around to step right behind left, step left out to side (&) 6.00

**[9-16] Eighth Rock Forward, Recover, Together, Step, Half Pivot, Forward Half, Half, Eighth Side, Behind, Side**

1 2 &      Turn 1/8 left then rock step right forward, recover back onto left in place, step right beside left (&) 4.30  
3 4 5      Step left forward, pivot 1/2 right taking weight onto right in place, step left forward 10.30  
6 &      Turn 1/2 left then step right back, turn 1/2 left then step left forward (&) 10.30  
7 8 &      Turn 1/8 left then step right out to side, step left behind right, step right out to side (&) 9.00

**[17-24] Rock Across, Recover, Side, Rock Across, Quarter Forward, Step, Half Pivot, Quarter Side, Behind, Quarter Forward,**

1 2 &      Rock step left across right, recover back onto right in place, step left out to side (&) 9.00  
3 4 &      Rock step right across left, recover back onto left in place, turn 1/4 right then step right forward 12.00  
5 6      Step left forward, pivot 1/2 right taking weight onto right in place, 6.00  
& 7      Turn 1/4 right then step left out to side (&), step right behind left 9.00  
8 &      Turn 1/4 left then step left forward, step right out to side (&) 6.00

**[25-32] Behind, Sweep, Behind, Quarter Forward, Step, Half Pivot, Rock Forward, Recover, Half, Step, Half Pivot, Together**

1 2 &      Step left behind right, sweep right around to step right behind left, turn 1/4 left then step left forward \*\* 3.00  
3 4      Step right forward, pivot 1/2 left taking weight onto left in place \* 9.00  
5 6 &      Rock step right forward, recover back onto left in place, turn 1/2 right then step right forward (&) 3.00  
7 8 &      Step left forward, pivot 1/2 right taking weight onto right in place, step left beside right (&) 9.00

## RESTARTS:

On wall 2 (starts 9 o'clock wall) dance up to count 28 \* then Restart to 6 o'clock wall

On wall 5 (starts 12 o'clock wall) dance up to count 8 & then add Prissy Walks:

Step Right forward slightly across left (9), Step Left forward slightly across right (10) then Restart to 6 o'clock

On wall 6 (starts 6 o'clock wall) dance up to count 28 \* then Restart to 3 o'clock wall

On wall 9 (starts 9 o'clock wall) dance up to count 26 & \*\* then Restart to 12 o'clock wall

**ENDING:** On wall 12 (starts 6.00 wall) dance up to count 8&, then add:

- 1 2& Rock step right across left, reaching towards 10.30 with right hand palm up -recover back onto left in place, step right to side (&) place right fist on heart
- 3 4& Rock step left across right, reaching towards 1.30 with left hand palm up-recover back onto right in place, step left to side (&) place left fist across right like an "X"
- 1 - 8 Take hands down to sides then with fingers extended palms forward, slowly swing them out to sides and up above head to cross on 8
- 1 - 4 With elbows still up bring hands down in front of face on 1 - 3, on 4 suddenly punch right fist up at same time put left fist down beside left hip

**This is an original dance sheet, feel free to copy without change for distribution**

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