

# Living In A Moment

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Steve Mason (UK)  
音樂: Living In a Moment - Ty Herndon



## SIDE, TOGETHER, SIDE, HOLD, BEHIND, SIDE, CROSS, SWEEP

- 1-2            Step left foot to left side, close right foot to left foot
- 3-4            Step left foot to left side, hold
- 5-6            Cross step right foot behind left foot, step left foot to left side
- 7-8            Cross step right foot over left foot, sweep left foot around & over right foot

## CROSS, SIDE, CROSS, ¼ TURN, ¼ TURN, FORWARD

- 9-10           Cross left foot over right foot, step right foot to right side
- 11-12          Cross left foot over right foot, hold
- 13-14          Turn ¼ turn left stepping back on right foot, step left foot ¼ turn left
- 15-16          Step forward on right foot, hold

## SKATE, SKATE, SHUFFLE, ROCK, RECOVER, ½ TRIPLE TURN

- 17-18          Skate step forward on left foot, skate step forward on right foot
- 19&20          Step forward on left foot, step right foot beside left foot, step forward on left foot
- 21-22          Rock step forward on right foot, recover weight to left foot
- 23&24          Triple step right, left, right making ½ turn right

## SKATE, SKATE, SHUFFLE, ROCK, RECOVER, ½ TRIPLE TURN

- 25-26          Skate step forward on left foot, skate step forward on right foot
- 27&28          Step forward on left foot, step right foot beside left foot, step forward on left foot
- 29-30          Rock step forward on right foot, recover weight to left foot
- 31&32          Triple step right, left, right making ½ turn right

## CROSS, POINT, CROSS, POINT, ¼ JAZZ BOX

- 33-34          Cross step left foot over right foot, point right foot to right side
- 35-36          Cross step right foot over left foot, point left foot to left side
- 37-38          Cross step left foot over right foot, step back on right foot
- 39-40          Turn ¼ turn left stepping left foot to left, touch right foot next to left foot

## FULL ROLLING TURN RIGHT, TOUCH, FULL ROLLING TURN LEFT, BRUSH

- 41-42          Step right foot 1/4 turn right, step left foot ¼ turn right
- 43-44          Step right foot ½ turn right, touch left foot next to right foot
- 45-46          Step left foot ¼ turn left, step right foot ¼ turn left
- 47-48          Step left foot ½ turn left, brush right foot over left foot

### Easier alternative:

- 41-48          Grapevine right, touch, grapevine left, brush

## DIAGONAL ROCKING CHAIR, STEP ½ PIVOT, STEP, HOLD

- 49-50          Cross rock step right foot over left foot to a left diagonal, recover weight to left foot
- 51-52          Rock step back on right foot to a right diagonal, recover weight to left foot
- 53-54          Step forward on right foot, pivot ½ turn left
- 55-56          Step forward on right foot, hold

## SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE

- 57-58          Rock step left foot to left side, recover weight to right foot

59&60 Cross step left foot over right foot, step right foot to right side, cross step left foot over right foot  
61-62 Rock step right foot to right side, recover weight to left foot  
63&64 Cross step right foot over left foot, step left foot to left side, cross step right foot over left foot

**REPEAT**

---