

# One Moment

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Jane Thorpe (UK)  
音樂: Un Momento Alla - Rick Trevino



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

1&2      Step right forward, step left together, step right forward  
3-4      Rock left forward, recover on right  
5&6      Triple in place turning ½ left and step left, right, left  
7-8      Rock right forward, recover on left

## SIDE ROCK RECOVER, CROSS SHUFFLE TWICE

1-2      Rock right to side, recover on left  
3&4      Cross right over left, step left to side, cross right over left  
5-6      Rock left to side, recover on right  
7&8      Cross left over right, step right to side, cross left over right

## ROCK RECOVER, ½ TRIPLE TURN, ROCK RECOVER, COASTER STEP

1-2      Rock right forward, recover on left  
3&4      Triple in place turning ½ right and step right, left, right  
5-6      Rock left forward, recover on right  
7&8      Step left back, step right together, step left forward

## RIGHT SIDE TOGETHER, ¼ SHUFFLE, STEP ½, SHUFFLE

1-2      Step right to side, step left together  
3&4      Triple in place turning ¼ right and step right, left, right  
5-6      Step left forward, turn ½ right (weight to right)  
7&8      Step left forward, step right together, step left forward

**REPEAT**

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