

# A Single Moment

拍數: 48      牆數: 4      級數: Intermediate / Advanced  
編舞者: Aiden Montgomery (UK)  
音樂: Couldn't Last a Moment - Collin Raye



## SIDE, SLIDE, AND CROSS, ¼ TURN, BUMPS X4

1-2      Step right to right side, slide left towards right (don't slide all the way together)  
&-3      Step left foot back, cross right over left  
4      Step left to left side making ¼ turn left  
5&      Touch right toe forward bumping hips forward, bump hips back  
6&      Bump hips forward, bump hips back  
7&      Bump hips forward, bump hips back  
8      Bump hips forward

## ROCK, RECOVER, BACK, LOCK, BACK, SWEEP ½ TURN RIGHT, STEP, LOCK, STEP

1-2      Rock left foot forward, recover weight to right  
3&4      Step left foot back, lock right over left, step left foot back  
5-6      Sweep right foot ½ turn right, weight ending up on right foot  
7&8      Step left foot forward, lock right behind left, step left foot forward

## ROCK, RECOVER, BACK, LOCK, BACK, SWEEP ½ TURN LEFT, TOUCH FORWARD, SIDE

1-2      Rock right foot forward, recover weight to left  
3&4      Step right foot back, lock left over right, step right foot back  
5-6      Sweep left foot ½ turn left, weight ending up on left foot  
7-8      Touch right toe forward, touch right toe to right side

## SAILOR TURN ¼ RIGHT, TOUCH FORWARD, SIDE, SAILOR TURN ¼ LEFT, ROCK RECOVER

1&2      Cross right behind left, step left to left side, step right to right side making ¼ turn right  
3-4      Touch left toe forward, touch left toe to left side  
5&6      Cross left behind right, step right to right side, step left to left side making ¼ turn left  
7-8      Rock forward on right, recover weight to left

## ½ TURN RIGHT, LEFT, RIGHT, ROCK AND RECOVER, TOUCH ¼ TURN, CROSS SHUFFLE

1&2      ½ turn right, stepping right left right

### Optional 1 ½ turn right on right left right

3&4      Rock left forward, recover weight to right, step left foot back  
5-6      Touch right toe back, ¼ turn right weight remaining on left  
7&8      Cross right over left, step left to left side, cross right over left

## STEP BACK, SIDE, FORWARD, STEP, LOCK, STEP ¼ TURN RIGHT, SIDE, BEHIND, SIDE, IN FRONT, SIDE, ROCK, RECOVER

1-2      Step left foot back, step right to right side  
3      Step left foot forward  
4&5      Step right foot forward, lock left behind right, step right foot forward turning ¼ right  
&6&      Step left to left side, cross right behind left, step left to left side  
7&      Cross right over left, step left to left side  
8&      Rock back on right foot, recover weight to left

## REPEAT