

# One Moment

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Maria Hennings Hunt (UK) - November 2007  
音樂: Un Momnto Alla - Rick Trevino



Start on vocals

## SIDE, CLOSE, SHUFFLE FORWARDS x 2

1-2            Step left foot to side left, close RF to left foot  
3&4            Shuffle forwards, stepping left, right, left  
5-6            Step right foot to side right, close LF to right foot  
7&8            Shuffle forwards stepping right, left, right

## FORWARD ROCK, BACK LOCK STEP

1-2            Rock forward on left, rock back on right  
3&4            Step LF behind right, lock RF in front, step LF back

## MAKE ½ TURN RIGHT, RONDE INTO JAZZ BOX

1-2            Turn ½ turn right stepping forward onto RF, sweep LF over right  
3-4            Step RF back, step left foot to left side

## WEAVE LEFT, BEHIND SIDE CROSS

1-2            Cross RF over left, step LF to side  
3&4            Cross RF behind, step LF to side, cross RF over left

## SWAY TO LEFT, BEHIND SIDE CROSS

1-2            Rock step LF to side, swaying hips, replace weight on RF  
3&4            Step LF behind, step right foot to side, cross LF over right

## ROCK/SWAY RIGHT X 2 WITH ¼ TURN TO LEFT

1-2            Rock right foot to side, swaying hips and turning 1/8 to left  
3-4            Rock right foot to side, swaying hips and turning 1/8 To left

## ROCK & REPLACE, DRAG

1-2            Rock RF over LF, rock weight back on LF  
3-4            Step large step on RF to side right, drag LF to RF (no weight)

## ALTERNATIVE ENDING FAST - ROCK & REPLACE (x 2)

1&2            Rock RF over left, replace weight on LF, rock RF to side right  
&3&4            Rock onto LF, rock RF over left, replace weight on LF, rock RF to side right, weight ends on RIGHT

Begin again.