

# One Moment In Time

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 2      級數: Improver  
編舞者: Thomas C. Tam (CAN) - June 2012  
音樂: One Moment in Time - Whitney Houston : (Album: The Ultimate Collection)



Intro: 16 counts

## S1: FORWARD, BACK, BACK, BACK MAMBO, 1/4 RIGHT, CROSS, 1/4 LEFT, 1/4 LEFT, CROSS

1-3            Step R forward, step back L, R  
4&5            Rock L back, recover on R, step L forward  
6-7            Turn 1/4 right with weight on R, cross L over R [3:00]  
8&1            Turn 1/4 left stepping R back, turn 1/4 left stepping L to left side, cross R over L [9:00]

## S2: SIDE, TOUCH, RIGHT ROLLING VINE, BACK, RECOVER, 1/2 LEFT, RIGHT VINE

2-3            L large step to left dragging R, touch R next to L  
4&5            Turn 1/4 right stepping R forward, turn 1/2 right stepping L back, turn 1/4 right stepping R to right  
6&7            Rock L behind R, recover on R, turn 1/2 left crossing L over R [3:00]  
&&1            Step R to right, cross L behind R, step R to right, cross L over R

## S3: RECOVER, SIDE, CROSS, RECOVER, 1/4 RIGHT, CHASE 1/2 RIGHT, 1/2 LEFT, BACK, TOUCH

2-3            Recover on R, step L to left  
4&5            Cross R over L, recover on L, turn 1/4 right stepping R forward [6:00]  
6&7            Step L forward, turn 1/2 right with weight on R, step L forward [12:00]  
8&1            Turn 1/2 left stepping R back, step L back, touch R in front of L [6:00]

[At Wall 8, add Count 2, hook R over L, then restart]

## S4: ROCK, RECOVER, COASTER STEP, CROSS, SPIRAL FULL TURN RIGHT, FORWARD, LOCK

2-3            Rock R forward, recover on  
4&5            Step R back, step L next to R, step R forward  
6-7            Cross L over R, full turn right transferring weight to L  
8&            Step R forward, lock L behind R

6-count tag after Wall 4 [12:00]

## CHASE 1/2 LEFT, CHASE 1/2 RIGHT

1-3            Step R forward, turn 1/2 left with weight on L, step R forward  
4-6            Step L forward, turn 1/2 right with weight on R, step L forward

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