



## One Moment in Time

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**Count:**32 **Wall:**4 **Level:**Intermediate

**Choreographer:**Jaszmine Tan (April 2016)

**Music:**The Moment You Were Mine by Beth Nielsen Chapman

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**Intro : 16 count**

**Sec 1 : Cross & Behind 1/8, Step side 1/8 & Forward 1/8, Step R & Ronde L 5/8 turning L, Sweep R back**

1Cross L over R

2 & 3Step R 1/8 back, step L back, step R back (10.30)

4 & 5Step L 1/8 to L , step R 1/8 forward, step L forward (7.30)

6 – 8Step on R & ronde L turning 5/8 L, step down on L & sweep R back, step on R (12.00)

**Sec 2 : Walk forward L, R, L, R, 1/2 Pivot L, Step & Touch , Cross L**

1Walk L forward

2 & 3Walk forward R , L, R (alternatives : small running steps) (12.00)

4 – 51/2 L stepping forward on L , Touch R to R (6.00)

6 – 8Cross R over L, Touch L to L, Cross L over R

**Sec 3 : Step R back, Circle L turning, Sweep R forward, Sweep L forward, Step R back**

1Step back on R

2&3&4&Step L, R, L, R, L, R turning L making a full circle (6.00)

5 – 6Step on L, sweep R from back to front, step on R & sweep L from back to front

7 – 8Step on L, recover on R

**Sec 4 : L Coaster, Full travelling L turn, Step L, 1/4 Pivot Sway R, L , R**

1 & 2Step L back, close R next to L, step L forward

3 & 4Step back on R 1/2 turning L, step forward on L 1/2 turning L, step forward on R (6.00)

\*\*\* Wall 5 dance up to 28 count & Restart \*\*\*

5 – 6Step L forward, sway 1/4 turning R (9.00)

7 – 8Sway L, R

**Wall 5 – Short wall dance up to 28 count , Restart (facing 6.00)**

**Ending Wall 8 - music will slow down continue to dance up to 24 count, then touch L behind R & make a 1/2 turning L & pose. (facing 12.00)**

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