

STAY IN THE MOMENT

Count: 32

Wall: 2

Level:

Choreographer: Alan Birchall (UK) - July 2007

Music: All My Living (Demo Version) - Beverly Knight : (CD: Music, City, Soul)

Start: Just Before The Lyrics. Seconds: 12. Count: 16 ROCK, RECOVER, BEHIND, SIDE, CROSS, ROCK, RECOVER, BEHIND, UNWIND 1-2 Rock Right To Right, Recover On Left 3&4 Cross Right Behind Left, Step Left To Left, Cross Right Over Left 5-6 Rock Left To Left, Recover On Right 7-8 Cross Left Behind Right, Unwind $\frac{3}{4}$ Turn Left (3 ?0?Clock) SYNCOPATED ROCK STEPS x3, 1 $\frac{1}{4}$ TRIPLE TURN 9-10 Rock Forward On Right, Recover On Left &11 Step Right By Left, Rock Forward On Left 12 Recover On Right & 13 Step Left By Right, Rock Forward On Right 14 Recover On Left 15&16 Making 1 $\frac{1}{4}$ Triple Turn Right Stepping Right, Left, Right (6 ?0?Clock) Alt: $\frac{1}{4}$ Triple Turn Right ROCK, RECOVER, SIDE,CROSS, SIDE, HEEL, STEP, CROSS, SIDE, CROSS, $\frac{1}{4}$ PIVOT 17-18 Cross Rock Left Over Right, Recover On Right &19 Step Left To Left, Cross Right Over Left &20 Step Left To Left, Extend Right Heel 21 Step Right In Place, Cross Left Over Right 22 Step Back On Right &23 Step Left To Left, Cross Right Over Left 24 Make $\frac{1}{4}$ Turn Left ? Weight On Left(Facing 3?0?clock) HEEL SWITCH?S, STEP, $\frac{1}{4}$ PIVOT, COASTER STEP, STEP $\frac{1}{2}$ PIVOT 25& Touch Right Heel Forward, Step Right By Left 26& Touch Left Heel Forward, Step Left By Right 27-28 Step Forward On Right, $\frac{1}{4}$ Pivot Left ? Weight On Right (12 ?0?Clock) 29& Step Back On Left, Step Right By Left 30 Step Forward On Left 31-32 Step Forward On Right, $\frac{1}{2}$ Pivot Left (6 ?0?Clock) Start Again