

One Moment In Time!

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Stephen Paterson , Victoria, Australia, April 2018

Music: One Moment In Time by Whitney Houston (2000 Remaster) Album: Whitney

Houston The Ultimate Collection - iTunes (4:44) 80 bpm

Start dance after 20 counts on the word 'live'

There are four restarts, including a 2 count tag after 8 counts on wall 5

[1-8] Rock Forward, Recover, Half Forward, Spin , Half, Half, Forward, Sweep Across, Side, Behind, Sweep Behind, Side

1 2 & Rock step right forward, recover back onto left in place, Turn 1/2 right then step right forward (&) 6.00

3 4 Step left forward, full spin right then step right forward,

& 5 Turn 1/2 right then step left slightly back (&), turn 1/2 right then step right slightly forward

(Easier non turn option: (4) step right forward, (&) step left beside right, (5) step right forward)

6 & 7 Sweep left around to step left across right, step right out to side (&), step left behind right

8 & Sweep right around to step right behind left, step left out to side (&) 6.00

[9-16] Eighth Rock Forward, Recover, Together, Step, Half Pivot, Forward Half, Half, Eighth Side, Behind, Side

1 2 & Turn 1/8 left then rock step right forward, recover back onto left in place, step right beside left (&) 4.30

3 4 5 Step left forward, pivot 1/2 right taking weight onto right in place, step left forward 10.30

6 & Turn 1/2 left then step right back, turn 1/2 left then step left forward (&) 10.30

7 8 & Turn 1/8 left then step right out to side, step left behind right, step right out to side (&) 9.00

[17-24] Rock Across, Recover, Side, Rock Across, Quarter Forward, Step, Half Pivot, Quarter Side, Behind, Quarter Forward,

1 2 & Rock step left across right, recover back onto right in place, step left out to side (&) 9.00

3 4 & Rock step right across left, recover back onto left in place, turn 1/4 right then step right forward 12.00

5 6 Step left forward, pivot 1/2 right taking weight onto right in place, 6.00

& 7 Turn 1/4 right then step left out to side (&), step right behind left 9.00

8 & Turn 1/4 left then step left forward, step right out to side (&) 6.00

[25-32] Behind, Sweep, Behind, Quarter Forward, Step, Half Pivot, Rock Forward, Recover, Half, Step, Half Pivot, Together

1 2 & Step left behind right, sweep right around to step right behind left, turn 1/4 left then step left forward ** 3.00

3 4 Step right forward, pivot 1/2 left taking weight onto left in place * 9.00

5 6 & Rock step right forward, recover back onto left in place, turn 1/2 right then step right forward (&) 3.00

7 8 & Step left forward, pivot 1/2 right taking weight onto right in place, step left beside right (&) 9.00

RESTARTS:

On wall 2 (starts 9 o'clock wall) dance up to count 28 * then Restart to 6 o'clock wall

On wall 5 (starts 12 o'clock wall) dance up to count 8 & then add Prissy Walks:

Step Right forward slightly across left (9), Step Left forward slightly across right (10) then Restart to 6 o'clock

On wall 6 (starts 6 o'clock wall) dance up to count 28 * then Restart to 3 o'clock wall

On wall 9 (starts 9 o'clock wall) dance up to count 26 & ** then Restart to 12 o'clock wall

ENDING: On wall 12 (starts 6.00 wall) dance up to count 8&, then add:

1 2 & Rock step right across left, reaching towards 10.30 with right hand palm up -recover back onto left in place, step right to side (&) place right fist on heart

3 4 & Rock step left across right, reaching towards 1.30 with left hand palm up -recover back onto right in place, step left to side (&) place left fist across right like an "X"

1 - 8 Take hands down to sides then with fingers extended palms forward, slowly swing them out to sides and up above head to cross on 8

1 - 4 With elbows still up bring hands down in front of face on 1 - 3, on 4 suddenly punch right fist up at same time put left fist down beside left hip

This is an original dance sheet, feel free to copy without change for distribution

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