

One Moment

Choreographer: Mike Seurer 449 East 5th Street, Fond du Lac, WI 54935 (920)907-1214(Seurer@peoplepc.com)

Record: STAR 200B, "One Moment in Time"

Rhythm: Rhumba

Speed: 45 RPM

Phase: III

Released: November 2003

Footwork: Opposite, Except as noted

Time: 2:39

Sequence: **INTRO ABBC BBC ENDING**

INTRODUCTION

- 1----4 (IN "V" BK TO BK)WAIT 2 MEAS;; CIRCLE AWAY & TOG(BFLY);;
 1-2 In V BK TO BK pos wait 2 meas;;
 3-4 Fwd L trn LF 1/4, fwd R,L,R trn to fc ptr,-; Fwd R,L,R to BFLY/WALL,-;

PART A

- 1----4 1/2 BASIC; UNDER ARM TURN; LARIAT;;
 1-2 Rk fwd L, rec R, sd L; Rk bk R(W XLif of R trng RF), rec L, (W fwd R cont RF trn to fc ptr), sd R;
 3-4 Sd L,rec R,cl L(W circ RF arnd M R,L,R);sd R,rec L,cl R(W cont RF arnd L,R,L to BFLY);
 5----8 FENCE LINE; CRAB WALKS;; FENCE LINE;
 5-6 Lunge thru L, with bent knee looking in direction of lunge, rec R trng to fc ptr, sd L,-;
 sd L;XRif of L, sd L, XRif of L;
 7-8 Sd L, XRif of L, sd L; Lunge thru R, with bent knee looking in direction of lunge, rec L trng to fc ptr, sd R,-;
 9----12 BASIC;; SHOULDER TO SHOULDER;;
 9-10 Rk fwd L, rec R, sd L; Rk bk R, rec L, sd R;
 11-12 Retain BFLY XLif to SDCAR (W XRif),rec R, sd L; XRif to BJO (W XLib), rec L, sd R;
 13----16 PEEK-A-BOO CHASE;;;
 13-14 Fwd L trng 1/2 RF, rec & fwd R, fwd L,-; Rk sd R peek over L shdr, rec L, cl R,-;
 15-16 Rk sd L,peek over R shdr, rec R,cl L,-;Fwd R trng 1/2 LF,rec, fwd L,fwd R to BFLY/WALL,-;

PART B

- 1----4 BOX;; SIDE CLOSE SIDE,FLARE, BEHIND SIDE THRU;
 1-2 Sd L, cl R, fwd L,-; Sd R, cl L, bk R,-;
 3-4 Sd L, cl R, sd L, R flare behind L twd LOD, sd L, XRif of R;(W flare L behind R),-;
 5----8 CUCARACHAS;;(BJO)WHEEL 6;;
 5-6 Rk sd L, rec R, cl L,-; Rk sd R, rec L, cl R to BJO,-;
 7-8 Ld hands arnd ptrs waist and traling hands curved upward, fwd L,R,L,-;
 Fwd R,L,R to BFLY/WALL,-;

PART C

- 1----4 SIDE WALKS 6;; 1/2 BASIC; WHIP;
 1-2 Sd L, cl R, sd L,-; cl R, sd L, cl R,-;
 3-4 Rk fwd L, rec R, sd L; Bk R trng 1/4 LF, rec/fwd L cont 1/4 trn, sd R(W fwd L outside man on his left side, fwd R trng 1/2 LF, sd L);
 5----8 SIDE WALKS 6;; 1/2 BASIC; WHIP;
 5-6 Sd L, cl R, sd L,-; cl R, sd L, cl R,-;
 7-8 Rk fwd L, rec R, sd L; Bk R trng 1/4 LF, rec/fwd L cont 1/4 trn, sd R(W fwd L outside man on his left side, fwd R trng 1/2 LF, sd L);

ENDING

- 1---- SIDE CORTE;
 1- Sd L,-, relax L knee look RLOD;

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