

STAY IN THE MOMENT

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Count: 32 **Wall:** 2 **Level:** —

Choreographer: Alan Birchall (July 07)

Music: All My Living (Demo Version) by Beverly Knight (CD: Music, City, Soul) 156 bpm

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 1¼ Triple Turn Right Stepping Right, Left, Right (6 ?0?Clock) Alt: ¼ Triple Turn Right

ROCK, RECOVER, SIDE,CROSS, SIDE, HEEL, STEP, CROSS, SIDE, CROSS, ¼ 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 ¼ Turn Left ? Weight On Left(Facing 3?0?clock)

HEEL SWITCH?S, STEP, ¼ PIVOT, COASTER STEP, STEP ½ 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, ¼ 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, ½ Pivot Left (6 ?0?Clock)

Start Again