

# Feel The Moment

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**Count:** 56

**Wall:** 1

**Level:** Phrased Advanced

**Choreographer:** David Villellas - June 2017

**Music:** Walla Walla Prison - Scotty Alexander

**Seq: A - B - A - B - A - B - A - C - B - A - B - Tag - A (Restart) - A - C - B - A (Restart)-  
A(End)**

**A : 19 counts**

## **Sect A1: "RUNNING MAN" RIGHT AND "RUNNING MAN" LEFT**

- 1 & Jump out R forward L back weight on both feet - Slide R back to center, hitch L next to R
- 2 & Jump out L forward R back weight on both feet - Slide L back to center, hitch R next to L
- 3 & Jump out R forward L back weight on both feet - Jump both back to center
- 4 & Jump out R forward L back weight on both feet - Slide R back to center, hitch L next to R
- 5 & Jump out L forward R back weight on both feet - Slide L back to center, hitch R next to L
- 6 & Jump out R forward L back weight on both feet - Slide R back to center, hitch L next to R
- 7 & Jump out L forward R back weight on both feet - Jump both back to center
- 8 & Jump out L forward R back weight on both feet - Slide L back to center, hitch R next to L and  
¼ Turn left

## **Sect A2: ½ LEFT TURNING "RUNNING MAN" RIGHT AND ½ LEFT TURNING "RUNNING MAN" LEFT**

- 1 & Jump out R forward L back weight on both feet - Slide R back to center, hitch L next to R
- 2 & Jump out L forward R back weight on both feet - Slide L back to center, hitch R next to L and  
¼ Turn left
- 3 & Jump out R forward L back weight on both feet - Jump both back to center
- 4 & Jump out R forward L back weight on both feet - Slide R back to center, hitch L next to R  
and ¼ turn left
- 5 & Jump out L forward R back weight on both feet - Slide L back to center, hitch R next to L
- 6 & Jump out R forward L back weight on both feet - Slide R back to center, hitch L next to R  
and ¼ turn left
- 7 & Jump out L forward R back weight on both feet - Jump both back to center

8 Jump out L forward R back weight on both feet

**A-Restart here**

**Sect A3: FULL TURN RIGHT WITH STOMP, STOMP UP**

**1½ Turn right step R**

**2½ Turn right stomp L**

3 Stomp up R next to L

**A(End)**

**Sect AE1: "RUNNING MAN" RIGHT 2x FULL TURN WITH STOMP**

1 & Jump out R forward L back weight on both feet - Slide R back to center, hitch L next to R

2 & Jump out L forward R back weight on both feet - Slide L back to center, hitch R next to L

3 & Jump out R forward L back weight on both feet - Jump both back to center

4 Jump out R forward L back weight on both feet

**5 - 6½ Turn right step back L - ½ Turn right step forward R**

**7 - 8½ Turn right step back L - ½ Turn right stomp forward R heavymetalcowboy.ch**

**B: 18 counts**

**Sect B1: CHARLSTEN STEP WITH SWIVEL ACTION (STARTING RIGHT), SHUFFLE STEP SIDEWARDS, STEP, TOUCH (ALTERNATIV WITH SWIVEL ACTION)**

& Swivel L heel to left and flick R slightly to side

1 Step forward R, swivel R heel to left and L heel right at same time

& Swivel L heel to left and flick R slightly to side

2 Step back R, swivel R heel to left and L heel right at same time

& Swivel R heel to right and flick L slightly to side

3 Step back L, swivel L heel to right and R heel left at same time

& Swivel R heel to right and flick L slightly to side

4 Step forward L, swivel L heel to right and R heel left at same time

& Swivel L toe to right and flick R slightly to side

5 Swivel L heel to right and step R next to L, swivel R heel to left at same time

- & Swivel L toe to right and flick R slightly to side
- 6 Swivel L heel to right and step R next to L, swivel R heel to left at same time
- 7 Step forward R
- 8 Touch L forward

**Alternativ: Normal Charlsten Step for count 1 to 4**

**Swivel Action for count 7 to 8 (Charlsten Step)**

**Sect B2: ½ TURN, FULL TURN JUMPING JAZZBOX, BACK ROCK, GRAPEVINE, TOUCH, 1 ½ ROLLING VINE, KICK**

**1½ Turn left step L**

**2 &¼ Turn left cross R over L - ¼ Turn left kick R forward**

**3 &¼ Turn left kick L - ¼ Turn left Cross L over R**

- 4 & Back Rock R - Recover on L
- 5 & Side step R - Cross L behind R
- 6 & Side step R - Touch L to side

**7 &½ Turn left step L - ½ Turn left step R**

**8 &½ Turn left step L - Kick forward R**

**Sect B3: FULL TURN RIGHT, STOMP UP**

**1 &½ Turn left Step R - Flick L and turn ½ left**

- 2 Step L heavymetalcowboy.ch

**C: 19 counts**

**Sect C1: "RUNNING MAN" RIGHT AND "RUNNING MAN" LEFT**

- 1 & Jump out R forward L back weight on both feet - Slide R back to center, hitch L next to R
- 2 & Jump out L forward R back weight on both feet - Slide L back to center, hitch R next to L
- 3 & Jump out R forward L back weight on both feet - Jump both back to center
- 4 & Jump out R forward L back weight on both feet - Slide R back to center, hitch L next to R
- 5 & Jump out L forward R back weight on both feet - Slide L back to center, hitch R next to L

- 6 & Jump out R forward L back weight on both feet - Slide R back to center, hitch L next to R
- 7 & Jump out L forward R back weight on both feet - Jump both back to center
- 8 Jump out L forward R back weight on both feet

### **Sect C2: ROCK, ½ TURN, ½ TURN STOMP, FLICK, STOMP, APPLE JACK**

1 - 2 Jumping rock step forward right - ½ Turn right step R

**3 & 4½ Turn right stomp up L - Flick L and slap with left hand - Stomp L next to R**

& 5 Swivel L heel to right and R toe right - back to center

& 6 Swivel R heel to left and L toe to left - back to center

& 7 Swivel L heel to right and R toe right - back to center

& 8 Swivel R heel to left and L toe to left - back to center

### **Sect C3: FULL TURN RIGHT, STOMP UP**

**1½ Turn right step R**

**2½ Turn right stomp L**

3 Stomp up R next to L

**Tag:-**

### **Sect T1 KICK, ½ TURN FLICK, ½ TURN KICK, FLICK, KICK, FLICK, STOMP**

1 & Kick forward R - ½ Turn left with flick L (Jumping on R)

**2 &½ Turn left and kick L - Jump on L and flick back R**

3 & Kick forward R - Jump on R and flick back L

4 Stomp L next to R

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