

# Live in the Moment

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**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Shea McCafferty (USA) April 2018

**Music:** "Live in the Moment" by Craig David. Approx 3.06 mins

**Count In: 8 counts from start of the track. (Approx 5 secs, right before he says "Hey girl")**

**Notes: There is one Restart on wall 3. Dance 16 cts. then begin again.**

**[1 - 8] R Rocking Chair, Jump Feet Fwd, Close R, Jump Feet Out**

- 1 2 3 4**      Rock R forward (1) Recover weight L (2) Rock R back (3) Recover weight L (4) 12
- &5 6**        Jump R forward (&) Step L next to R (5) Hold (6) \*Styling bounce shoulders/shake hips 12
- &7 8**        Step R out/back to right side (&) Step L out/back to left side (7) Hold (8) \*Styling bounce shoulders/shake hips 12

**[9 - 16] R Cross Rock, Recover, R Shuffle Step, L Cross Rock, Recover, L Shuffle ¼ turn**

- 1 2**         Cross rock R over L (1) Recover weight L (2) 12
- 3&4**        Step R to right side (3) Step L next to R (&) Step R to right side (4) 12
- 5 6**         Cross rock L over R (5) Recover weight R (6) 12
- 7&8**        Make ¼ turn L stepping forward L (7) Step R next to L (&) Step L forward (8) 9

**Restart the dance here during 3rd wall. The 3rd wall begins facing 6:00 and you will Restart facing 3:00**

**[17 - 24] R Rock, Recover, R-L Walk Back, R-L-R-L Syncopated Step touches x4 traveling slightly back**

- 1 2 3 4**      Rock R forward (1) Recover weight L (2) Step back R (3) Step Back L (4) 9
- &5**         Step R slightly back to right diagonal (&) Touch L next to R (5) 9
- &6**         Step L slightly back to Back diagonal (&) Touch R next to L (6) 9
- &7**         Step R slightly back to right diagonal (&) Touch L next to R (7) 9
- &8**         Step L to left side (&) Touch R next to left (8) 9

**Easy option Step R back to right diagonal (5) Touch L next to R (6) Step L back to left Diagonal (7) Touch R next to L (8)**

**[25 - 32] V Step, ¼ pivot turn, ¼ pivot turn**

- 1 2** Step R forward to right diagonal (1) Step L forward to left diagonal (2) 9
- 3 4** Step R back to centre (3) Step L next to R (4) 9
- 5 6** Step R forward (5) Make a ¼ turn pivot to left (6) (weight ends L) 6
- 7 8** Step R forward (7) Make a ¼ turn pivot to left (8) (weight ends L) \*Styling roll hips as you turn 3

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