

Live In The Moment!

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Count: 64 **Wall:** 2 **Level:** Intermediate

Choreographer: Ann-Kristin Sandberg (Norway) January 2018

Music: Live in the Moment by Portugal.The Man (4.07) iTunes

INTRO: 16 Count - Dance ends at 3:05

S1: KICKBALLSTEP-ROCK RECOVER-1/2 TURN R-TOE STRUT-1/2 TURN R-TOE STRUT

1&2 Kick R foot forw, Step R next to L, Step L forw

3-4 Step R forw, Recover onto L

5-6½ turn R touch R toe forw, R heel down (F06)

7&8½ turn R touch L toe backw, L heel down (F12)

S2: ¼ TURN R-TOE STRUT-CROSS-POINT-TOGETHER-1/4 TURN WITH HEEL BUMP-BACK-POINT

1-2¼ turn touch R toe to R side, R heel down (F03)

3-4 Cross L over R, Point R out to R side

5&6 Step R next to L, Lift both heels up, Turn ¼ L with heels down (F12)(bend knees)

7-8 Step L backw, Point R toe forw

S3: BACK-POINT-BACK RECOVER-CROSS-POINT-CROSS-POINT

1-2 Step R backw, Point L toe forw

3-4 Step L backw, Recover onto R

5-6 Cross L over R, Point R out to R side

7-8 Cross R over L, Point L out to L side

S4: JAZZBOX-CROSS-SIDE-HOLD-BACK RECOVER

1-2 Cross L over R, Step R backw

3-4 Step L to L side, Cross R over L

5-6 Step L to L side, Hold

7-8 Step R back, Recover onto L (F 12)

S5: TOE STRUTS x2-SIDE-TOGETHER-BACK-KICK

- 1-2 Touch R toe to R side, R heel down (turn your body diagonal to R)
- 3-4 Cross L toe in front of R, L heel down
- 5-6 Step R to R side, Step L next to R
- 7-8 Step R backw, Kick L forw

S6: BACK RECOVER-STEP-SWEEP R-STEP-SWEEP L-STEP-TOUCH

- 1-2 Step L backw, Recover onto R
- 3-4 Step L forw, Sweep R out to R side
- 5-6 Step R forw, Sweep L out to L side
- 7-8 Step L forw, Touch R next to L

RESTART on wall 5 Facing 12 after 48 count

S7: ROCK RECOVER-1/2 TURN R-STEP-1/2 TURN L-1/2 TURN L-WALK x 2

- 1-2 Step R forw, Recover onto L
- 3-4½ Turn R stepping R forw, Step L forw (F06)**
- 5-6½ turn L stepping R backw, ½ turn L stepping L forw**
- 7-8 Step R forw, Step L forw

S8: OUT-HOLD-OUT-HOLD-TOGETHER-BEND KNEES

- 1-2 Step R out to R side (Put your R hand on your chest), Hold
- 3-4 Step L out to L side (Put your L hand to your chest), Hold
- 5-6 Step R next to L & move both arms up & out making a circle down
- 7-8 Raise your R arm up in the air, bend both knees & move your R arm down

TAG: End of wall 2 facing 12:

- 1-2 Step R forw, Recover onto L
- 3-4 Step R backw, Recover onto L
- 5-6 Step R to R side, Recover onto L
- 7-8 Step R backw, Recover onto L

RESTART: Wall 5 after 48 count facing 12

Last Update - 25th Jan. 2018

