











## Live In The Moment

32 Count, 4 Wall, Beginner Choreographer: Shea McCafferty (USA) Apr 2018 Choreographed to: Live In The Moment by Craig David

Track: Approx. 3:06m

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: 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

Step R slightly back to right diagonal (&) Touch L next to R (5) 9
Step L slightly back to Back diagonal (&) Touch R next to L (6) 9
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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