One Moment

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Record: STAR 200B, "One Moment in Time"
Rhythm: Rhumba                      Speed: 45 RPM
Phase: III                          Released: November 2003(Revised May 2004)
Footwork: Opposite, Except as noted  Time: 2:39
Sequence: INTRO ABBC BBC ENDING

INTRODUCTION

1----4 (IN "V" BK TO BK)WAIT 2 MEAS.; CIRCLE AWAY & TOG(BFLY);:
1-2 In V BK TO BK pos wait 2 meas(No hands joined);
3-4 Fwd L trn LF 1/4, fwd R,L,R trn to fc ptr,;- Fwd R,L,R to BFLY/WALL,;-;

PART A

1----4  1/2 BASIC; UNDER ARM TURN; LARIAT;:
1-2 Rk fwd L, rec R, sd L; Rk bk R(W XLif of R trng RF), rec L, (W fwd R cont RF trn to fc ptr), sd R;
3-4 Sd L,rec R,cl L(W circ RF arnd M R,L,R);sd L,rec R,cl R(W cont RF arnd L,R,L to BFLY);

5----8  FENCE LINE; CRAB WALKS.; FENCE LINE;
5-6 Lunge thru L, with bent knee looking in direction of lunge, rec R trng to fc ptr, sd L,;-;
  sd L;XRif of L, sd L, XRif of L;
7-8 Sd L, XRif of L, sd L; Lunge thru R, with bent knee looking in direction of lunge, rec L trng to fc ptr, sd R,;-;

9----12 BASIC; SHOULDER TO SHOULDER;;
9-10 Rk fwd L, rec R, sd L; Rk bk R, rec L, sd R;
11-12 Retain BFLY XLif to SDCAR (W XRib), rec R, sd L; XRif to BJO (W XLib), rec L, sd R;

13----16 PEEK-A-BOO CHASE;;;
13-14 Fwd L trng ½ RF, rec & fwd R, fwd L,;- Rk sd R peek over L shdr, rec L, cl R,;-;
15-16 Rk sd L,peek over R shdr, rec R,cl L,;-Fwd R trng ½ LF,rec, fwd L,fwd R to BFLY/WALL,;-;

PART B

1----4  BOX.; SIDE CLOSE SIDE,FLARE, BEHIND SIDE THRU;
1-2 Sd L, c I R, fwd L,;-; Sd R, cl L, bk R,;-;
3-4 Sd L, cl R, sd L, R flare behind L twd LOD, sd L, XRif of R;(W flare L behind R),;-;

5----8  CUCARACHAS.;(BJO)WHEEL 6;;
5-6 Rk sd L, rec R, cl L,;- Rk sd R, rec L, cl R to BJO,;-;
7-8 Trling hands arnd ptrs waist and ld hands curved upward, fwd RF L,R,L,;-;
  Fwd R,L,R to BFLY/WALL,;-;

PART C

1----4  SIDE WALKS 6;; 1/2 BASIC; WHIP;
1-2 Sd L, cl R, sd L,;-; cl R, sd L, cl R,;-;
3-4 Rk fwd L, rec R, sd L; Bk R trng 1/4 LF, rec/fwd L cont 1/4 trn, sd R(W fwd L outside man on his left side, fwd R trng 1/2 LF, sd L);

5----8  SIDE WALKS 6;; 1/2 BASIC; WHIP;
5-6 Sd L, cl R, sd L,;-; cl R, sd L, cl R,;-;
7-8 Rk fwd L, rec R, sd L; Bk R trng 1/4 LF, rec/fwd L cont 1/4 trn, sd R(W fwd L outside man on his left side, fwd R trng 1/2 LF, sd L);

ENDING

1----- SIDE CORTE;
1- Sd L,;-, relax L knee look RLOD;
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