

# ONE MOMENT IN TIME

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**MUSIC:** "One Moment In Time" CD – Whitney Houston The Greatest Hits – Disc 2 Track #17

**FOOTWORK:** Described for M - W opposite (or as noted)

**WEBSITE:** www.stardustdancecenter.com

**SEQUENCE:** Intro, A, B, Interlude, C, Ending

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**RHYTHM:** Bolero **PHASE:** VI **SPEED:** Speed to 21 MPM

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## INTRO

### **1 - 5 WAIT; TOGETHER TURN TO OPENING OUTS TWICE;; TO CHECKED ROPE SPIN; MAN FACE WALL & FENCE RECOVER w/ARM;**

- 1 - Wait 1 meas M fcng RLOD on outside slot of circle W fcng LOD on inside slot of circle both w/trailing foot free pointed bk w/knees connected & arms down at sides;
- S-- 2 - Fwd R trng ¼ RF & blending to BFLY,-, lower in R to pt L to sd with lead hnds down & trn slgt RF to DLC, comm to rise in R (fwd L trn ½ RF,-, bk R LOD, fwd L);
- (SQQ) S-- 3 - Cl L to R,-, lower in L to pt R to sd with trail hnds down & slgt LF trn to DRC, comm to rise in L (W fwd R trn ½ LF,-, bk L RLOD, fwd R);
- (SQQ) 4 - Cl R to L placing lead hands over W's head to lead spiral,-, sd L, sd R (fwd & sd L to M's R sd, spiral 7/8 RF on L, fwd R, fwd L around M to fc RLOD);
- 5 - Sd L/swvl ½ LF on L to point R sd RLOD,-, soften L knee fwd & across R LOD flexing R knee taking trailing arm through leading from wrist, bk L trng RF as you pull arm back through to extend out to sd (fwd R/swvl ¼ RF on R to point L sd RLOD,-, soften R knee fwd & across L LOD flexing L knee taking trailing arm through leading from wrist, bk R trng LF as you pull arm back through to extend out to sd ) to LEFT OPEN FCING M FCING WALL;

## PART A

### **1 - 4 THREE THREES;;; LADY OVERTURN TO SHADOW WALL;**

- 1 - Sd & fwd R,-, fwd L, bk R (sd & bk L,-, bk R, fwd L);
- 2 - Cl L to R,-, bk R, rec L (fwd R,-, trng ½ RF/in place L, R) to TANDEM POS FCING WALL M BEHIND W;
- 3 - Cl R to L,-, sd & fwd L, bk R (in place L spin LF 1 full turn on L, tch R to L, sd & bk R, fwd L);
- 4 - Cl L to R,-, bk R, rec L, (fwd R twd WALL trng ½ RF,-, fwd L twd M trng ½ RF, fwd R twd WALL trng ½ RF);

### **5 - 8 ADVANCED SLIDING DOOR; w/UNDERARM LUNGE BACK TO SHADOW; ADVANCED SLIDING DOOR LADY SPIRAL; (TO THE WALL) LADY OUT LEFT TO FACE SHAKE HANDS;**

- 5 - Small fwd & across R w/L palm fcng W,-, fwd L, bk R (fwd L connecting R palm to M's L,-, trng ½ RF/sd & bk R, fwd L) to SHADOW WALL L hands joined M's R hand on W's R shoulder blade W's R arm extended out to sd;
- 6 - XLIB of R toe to heel,-, lead W under L arm sd lunge R raise R arm, rec L (fwd & across R,-, trng RF on R/bk L LOD in sit line raise R arm straight up past ear, rec R trng RF);
- 7 - Small fwd & across R trng W,-, fwd L, bk R (fwd L to M's R sd cont trng RF to fc WALL,-, sd & bk R, fwd L);
- 8 - Cl L to R taking L hands low to lead W to spiral,-, bk R, fwd L (fwd & across R, spiral 7/8 LF, fwd L twd WALL, fwd R trng ½ LF to fc M) to end OPEN FCING M FCING WALL;

### **9-12 CONTRA BREAK; TURKISH TOWEL; (FACE LINE); 2 HAND TWIRL LADY L & WHEEL TO LEFT VARSOUVIENNE CENTER;**

- 9 - Sd & fwd R joining R hands,-, fwd L w/R sd leading arm fully extended (look well to L), bk R;
- 10 - Cl L,-, bk R, fwd L trng LF (fwd R,-, fwd & across L DLC trng RF under joined R hands, fwd R DRW cont RF trn);
- 11 - Cont LF trn sd R twd WALL to M's VARSOUV POS LOD,-, bk L w/R sd leading, rec R (cont LF trn sd & fwd L COH,-, fwd R w/L sd leading, bk L);
- 12 - Sd L taking L hands over head,-, bk R leading W to twirl LF, fwd L (sd R,-, comm LF twirl fwd L across & in front of M, fwd R cont LF twirl) to end in LEFT VARSOUV POS FCING LOD momentarily;

### **13-15 SWEETHEART; R HANDS SWIVEL CROSS BODY (M FC WALL); REVERSE UNDERARM TURN;**

- 13 - Wheel LF fwd R,-, fwd L lower R hands to waist level w/slight LF body turn & look back at W under high L hands, rec R releasing L hands (wheel LF bk L,-, bk R w/LF body turn, rec L) both still FCING COH w/R hands joined;
- 14 - Trng LF sd L twd WALL trng W RF,-, bk R, trng LF fwd L (fwd R twd COH trng ½ RF,-, fwd L, fwd R trng ½ LF);
- 15 - Still with handshake sd & fwd R,-, fwd & across L, bk R trng LF (sd & fwd L,-, fwd & across R trng LF under joined R hands, fwd L LOD) maintaining R hand hold ready to lower them in front of W to lead spiral;

**PART B****1 - 4 FORWARD LADY SPIRAL TO SYNC CUDDLE PIVOT FACE RLOD; CORTE w/SLOW LEG CRAWL; FORWARD SPOT PIVOT 4 FACE CENTER; OPEN BREAK TO;**

- S&QQ** 1 - Fwd L leading W to spiral w/R hand releasing hand hold then catch W's L shoulder blade,-, thru R comm folding RF to cuddle CP M's arms underneath W's/bk L pivot ½ RF, fwd R pivot ½ RF (fwd R, spiral 7/8 LF on R, fwd L/fwd R pivot ½ RF, bk L upivot ½ RF) to end with W's hands on M's shoulders in CUDDLE CP FCING DRW;
- S--** 2 - Lowering on R sd & bk L comm straightening L leg,-, cont rising w/slight LF rotation leading W to leg crawl (fwd R,-, as M stretches lead side high and rotates you LF lift L left up outside M's R thigh) still CUDDLE POS DRW,-;
- QQQQ** 3 - Fwd R RLOD comm RF pivot, fwd L RLOD cont RF pivot fc LOD, fwd R LOD cont RF pivot, fwd L LOD cont RF pivot still in CUDDLE POS M FCING DRC;
- 4 - Cont RF trn sd R LOD comm releasing CUDDLE POS,-, bk L, rec R to end LEFT OPEN FCING M FCING COH;

**5 - 8 NATURAL TOP RIGHT SIDE PASS FACE REVERSE; OPEN BREAK TO; REVERSE TOP SYNC FACE WALL; SLOW SIDE & HINGE;**

- 5 - Trng RF & blending to brief CP sd & fwd w/L sd stretch shaping twd W,-, trng RF XRIB of L leading W to trn LF, fwd L lead W to trn LF under joined lead hands (trng RF fwd R DRW,-, fwd L RLOD, fwd R trng ½ LF);
- 6 - Sd & fwd R COH,-, bk L, fwd R to end LEFT OPEN FCING M FCING RLOD;
- S&QQ** 7 - Fwd L planting L toe pointed DRW,-, comm LF trn sd & fwd R/keeping L toe in place swing L heel cont LF trn to XLIF of R, cont LF trn sd & fwd R (sd & fwd R comm LF trn,-, trng LF XLIB of R/cont LF trn sd & bk R, cont LF trn XLIB of R) blending to CP approximately DRW;
- S--** 8 - Cont LF trn to fc WALL sd L LOD,-, rotate LF slightly to place W's last step/lower slightly on L to extend the line
- (SS)** (sd R,-, XLIB of R/lower slightly to extend the line head well to L,-);

**9 - 12 & LADY RECOVER TO RUDOLPH RONDE w/SYNC INSIDE TURN (FC CTR); FORWARD BREAK; LUNGE STOP & GO TELEMAR TO; SLOW OVERSWAY LINE;**

- S&QQ** 9 - Rise slightly on L rotating RF to lead W out of hinge/keeping L ft bk fwd R strong between W's feet flexing R knee
- (&S&QQ)** while trning upper body RF leading W's ronde,-, bk L LOD/trng RF sd & fwd R, fwd & across L trng W under lead hands (rec R comm RF trn/bk L flexing L knee and swing R ft up & out in a circular clockwise ronde movement while trng RF on L ft and allowing head to open to brief SCP RLOD,-, bk R LOD/trng LF sd & fwd L, fwd & across R trng LF under joined lead hands);
- 10 - Sd & fwd R to fc COH,-, fwd L, bk R now in LEFT OPEN FCING POS M FCING COH;
- S-Q** 11 - Fwd L twd COH trng slightly RF to end in L sd lunge line lift lead hnds over W's head & catch W's L shoulder w/R
- (S&QQ)** hand to end in stop & go pos,-,hold leading W to fold & telemark as you turn LF on L, sd R cont trn LF to fc WALL (W fwd R twd WALL trng ½ LF under lead hnds to fc COH in sit line w/L arm straight up past ear,-, fwd L with LF trn pick-up/bk R, cl L to R for toe spin);
- S--** 12 - Sd & fwd L relax L knee keeping R leg extended with slight LF upper body rotation,-, stretch L sd swiveling W's R ft to CP look twd & over W (head well to L) now in CP DLW,-;

**13-17 FALLAWAY RONDE & VINE TO BFLY; THRU SWIVEL UNDER & FACE CLOSE TO; SLOW EXPLODE APART (FACE REVERSE); & RECOVER TO NEW YORKER; RIFF TURNS CLOSING UP;**

- 13 - Sd R trng LF and ronde L ft CCW sd & bk,-, bk L RLOD loosening to BFLY, trng RF sd R toe pointing DRW;
- 14 - Thru L RLOD raising trailing hands high, swvl RF under trailing hands, fwd R twd LOD bringing joined trailing hands down to lead W to fc, trng RF cl L to R and change to lead hand hold;
- S--** 15 - Trng slightly RF sd & bk R twd COH slowly sweep trailing arm up from elbow and out through hand to side;
- &SQQ** 16 - Recover L/sd & fwd R,-, trng RF fwd L RLOD, bk R trng LF;
- QQQQ** 17 - Sd L, cl R to L, sd L, cl R to L (sd R toe pting DLC/spin RF on R, cl L to R, sd R toe pting DLC/spin RF on R, cl L to R);

**INTERLUDE****1 -5+ TURNING BASIC SYNC & O.T. TO; FAN LADY SYNC & O.T. TO TANDEM LINE; BOTH FORWARD BREAK TURN R TO HANDSHAKE; FWD M CHECK LADY ROLL L TO SHADOW; HORSE & CART 8; LADY OUT TO WALL & FACE CLOSE SHAKE HANDS,,**

- S&QQ** 1 - Sd L blending to CP WALL with R sd stretch,-, slip bk R trng LF/fwd L DLC, fwd & sd R DLC trng LF (sd R,-/trn LF fwd L, cont LF trn bk R, cl L to R cont LF trn to fc LOD);
- SQQ** 2 - Sd L to fc WALL,-, bk R, comm trng LF fwd L (fwd R twd LOD,-, fwd L LOD/fwd R spiral 7/8 LF, fwd L LOD) to
- (S&QQ)** end TANDEM POS LOD M behind W w/lead hands joined to W's R sd; **NOTE:** Now same footwork.
- 3 - Fwd R,-, fwd L trng ½ RF M comm to change R hand to W's R hand behind M's back, fwd R;

**INTERLUDE (CONTINUED)**

- 4 - Now w/R hands joined fwd & slightly sd L checking,-, break bk R leading W to roll LF, rec L (fwd L,-, fwd R spiral 7/8 LF, fwd L) to SKATERS POS DRC L hands joined and R hands on W's R waist her hand on top;
- 5 - Soften L knee keeping head to L & R ft sd & bk w/leg straight inside edge of toe skimming floor as W takes  
(Q&Q& you around and maintain a toned L arm for W to dance into (keeping your bk to the man and trng LF fwd &  
Q&Q&) across R/sd & fwd L, fwd & across R/sd & fwd L, fwd & across R/sd & fwd L, not allowing L sd to move towards  
M fwd & across R/sd & fwd L) to end in SKATERS POS DRW for a total of 1 ¼ RF rotation;
- Q + - Lead W out to WALL, standing up cl R to L (on word "Give" fwd R twd WALL, on word "Me" turn ½ LF on R/cl L  
(QQ) to R) to join R hands M fcng ptr and WALL,  
**NOTE:** Timing on these extra notes are neither quicks nor slows, but rather to the words as the music retards.

**PART C****1 - 4 START A FULL MOON;; CROSS BODY (LADY SPIN OPTION) TO; HALF MOON w/;**

- 1 - On the word "One" trng slightly LF sd & fwd L,-, trng LF bk R, cont LF trn fwd L bringing R hands up behind W to lead spiral (trng slightly RF sd & fwd R,-, fwd L DLC, fwd R/spiral 7/8 LF);
- 2 - Fwd R COH joining L hands to VARSOUVIENNE POS COH,-, fwd L, releasing L hands bk R (cont LF trn fwd L COH to VARSOUVIENNE POS COH,-, fwd R, bk L);
- 3 - Trng slightly LF sd L,-, cont LF trn bk R, cont LF trn fwd L (trng R hip 3/8 RF to point R toe fwd R twd DLW on M's R sd/fwd R trng further ¼ RF,-, fwd L twd DRW, fwd R trng ½ LF); **OPTION:** On the first step W may spin 1 ¼ RF on R under the joined R hands w/M's lead to end fcng DRW.
- 4 - Sd & fwd R,-, trng slightly RF fwd L RLOD, bk R trng LF (cont LF trn sd & fwd L,-, fwd R RLOD, bk L trng RF);

**5 - 8 LADY SYNC INSIDE TURN 5; HORSESHOE TURN;; TRN LADY TO VARSOUV LINE & BRK BK;**

- SQQ 5 - Cont trng LF sd & slightly bk L,-, cont LF trn bk R, cont LF trn fwd L (cont trng RF sd & slightly fwd R,-, fwd L/fwd  
(S&Q&Q) R spiral LF on R, fwd L under joined R hands/fwd R spiral LF completing LF trn under R hands);
- 6 - Sd & fwd R,-, trng RF fwd L, rec R to end both facing LOD w/R hands joined checking;
- 7 - Push fwd L toeing in raising R hands & shaping twd ptr to look thru window,-, curving LF (RF) fwd R changing, sides, lowering R hands after W goes under joined R hands fwd L twd RLOD;
- 8 - Cont LF trn fwd & sd R sweeping R hands up again in front of W & over her head catching her L hand as it comes by you & swivel LF (RF) to VARSOUV POS FCING LOD,-, bk L, fwd R;

**9-12 M TCH LADY FWD SPIRAL TO SKATER WALKS IN; SWITCH TO LEFT SKATER WALKS OUT; SWITCH TO SKATER LINE & SYNC WALKS; FWD LADY CARESS & SYNC SPIN OUT L IN 5 TO FC M IN 2;**

- QQ 9 - Touch L to R leading W small fwd taking R hands over W's head & down to lead spiral,-, place & keep hands on  
(SQQ) W's hips sd & fwd L DLC, fwd & across R DLC (small fwd R toeing in, spiral 7/8 LF on R to end w/arms crossed in front of body, sd & fwd L DLC gradually taking arms out to sd, fwd & across R DLC) to mod skaters pos DLC;
- 10 - Cl L to R trng slightly RF & leading W to your L sd,-, sd & fwd R DLW, fwd & across L DLW (sd & fwd L slightly pass M trng RF & arms now out at sd,-, sd & fwd R DLW taking arms bk in, fwd & across L DLW) to mod L skaters DLW;
- S&QQ 11 - Cl R to L trng slightly LF & leading W to your R sd,-, fwd L LOD/fwd R, fwd L (sd & fwd R slightly pass M trng LF extending arms out to sd,-, fwd L LOD/fwd R taking arms back in, fwd L R hand on R hip) to mod skaters LOD;
- S-Q 12 - Fwd R shaping RF to look at W,-, hold leading W away to turn L, fwd L (fwd R using L hand to caress & look twd  
(S&Q&Q) M,-, fwd L, fwd R spiral 7/8 LF, fwd L/fwd R trng ½ LF) to end OPEN FCING M LOD;

**13-16 LUNGE BREAK; RIGHT SIDE PASS LADY SYNC & O.T. TO OPEN WALL; OPEN FENCE LINE; SIDE HIP ROCKS LADY ROLL L TO SKATER LINE;**

- S- 13 - Joining lead hands sd & fwd R,-, lower in R knee keeping a straight back allowing L ft to slide sd & bk, start to  
(SQQ) rise (sd & bk L,-, bk R, fwd L);
- SQQ 14 - Sd & fwd w/L sd stretch shaping twd W bring lead hands up between ptr,-, trng RF bk R, fwd L lead W to trn LF  
(S&Q&Q) under joined lead hands & release W (fwd R,-, fwd L toeing out/fwd R spiral 7/8 LF, fwd L cont LF trn);
- 15 - Sd R twd RLOD joining trailing hands to OPEN POS WALL,-, soften R knee XLIF of R flexing L knee, bk R;
- 16 - Sd L,-, sd R, sd L toe pointed DLW (sd & fwd L LOD,-, fwd R spiral LF 7/8, fwd L) to SKATERS POS DLW L hands joined and R hands on W's R waist her hand on top;

**ENDING****1 - 3 HORSE & CART 8 FACE REVERSE; FRONT VINE 4 TO,, HORSE & CART 8 FACE LINE;,, SLOW FORWARD w/M's HEAD LOOP,-;**

- 1 - Soften L knee keeping head to L & R ft sd & bk w/leg straight inside edge of toe skimming floor as W takes you around and maintain a toned L arm for W to dance into (keeping your bk to the man and trng LF fwd & across R/sd & fwd L, fwd & across R/sd & fwd L, fwd & across R/sd & fwd L, not allowing L sd to move towards M fwd & across R/sd & fwd L) to end in SKATERS POS DRC for a total of 1 ½ RF rotation;
- (Q&Q& Q&Q&) 2-3 - XRIF of L/sd L, XRIB of L/ sd L, repeat meas 1 commencing from SKATERS POS DRC & ending SKATERS POS DLW for a total of 1 ½ RF rotation;,, fwd R LOD taking L hands over M's head to ½ OPEN POS LOD,-;

**4 - 6 & TELESPIN; TO; SLOW THROWAWAY OVERSWAY & EXTEND;**

- QQ- 4 - Rotate slightly LF thru hip & upper body to lead W fwd/fwd L comm LF trn, fwd & sd R past ptr cont LF trn, sd & (&QQS) slightly bk L LOD partial wgt to face DRW (fwd L heel lead moving around the M on his L sd/fwd & sd R trng LF square to M at end of step, cl L to R toe trn, fwd R LOD),-;
- QQS 5 - Cont LF trn thru hip & upper body to lead W fwd/transfer full wgt fwd L cont LF trn to CP, fwd & sd R past ptr (&QQS) cont LF trn, sd & fwd L in challenge line/swvl LF on L upper body trng W to CP (fwd L heel lead moving around the M to his on his L side/fwd & sd R trng LF square to M at end of step, cl L to R toe trn, sd & fwd R/swvl LF on R) to CP LOD,-;
- 6 - Develop the throwaway oversway by rotating slightly LF to extend the line over measure by bringing R sd thru and lift to W leaving R ft bk to RLOD (keeping L toe on floor & hips lifted to ptr extend L ft bk towards LOD trng head well to L);

**NOTE:** Timing is standard SQQ unless noted on side by the measure and refers to actual weight changes.

**NOTE:** There are many references to W's spiral and most times this is just the action and does not produce a Latin cross position with the feet. The exceptions are when it is actually in the head cue (3 times) or a figure like Checked Rope Spin.