

# A SINGLE MOMENT

Chor: Aiden Montgomery, UK  
 Type: 4 wall, 48 count, "Smooth" Rhythm  
 Level: Intermediate  
 Music: "Couldn't Last Moment Without You", Collin Raye (100 bpm)

## SIDE, SLIDE, AND CROSS, 1/4 TURN, HIP BUMPS X4

1 RF step to right side  
 2 LF slide left towards right  
 (don't slide all the way together)  
 & LF step back  
 3 RF cross over left  
 4 LF 1/4 turn left, step forward  
 5 RF touch forward; bump hips forward  
 & bump hips back  
 6 bump hips forward  
 & bump hips back  
 7 bump hips forward  
 & bump hips back  
 8 bump hips forward (shift weight  
 to right foot)

## ROCK, RECOVER, BACK, LOCK, BACK, SWEEP 1/2 TURN RIGHT, STEP, LOCK, STEP

9 LF rock forward  
 10 RF step in place (recover)  
 11 LF step back  
 & RF lock (cross) over left  
 12 LF step back  
 13-14 RF sweep right foot on floor while making a  
 1/2 turn right; end weighted right  
 15 LF step forward  
 & RF lock (cross) behind left  
 16 LF step forward

## ROCK RECOVER BACK, LOCK, BACK, SWEEP 1/2 TURN LEFT, TOUCH FORWARD, SIDE

17 RF rock forward  
 18 LF step in place (recover)  
 19 RF step back  
 & LF lock (cross) over right  
 20 RF step back  
 21-22 LF sweep left foot on floor while making a  
 1/2 turn left; end weighted left  
 23 RF touch toes forward  
 24 RF touch toes to right side

## SAILOR TURN 1/4 RIGHT, TOUCH FORWARD, SIDE, SAILOR TURN 1/4 LEFT, ROCK RECOVER

25 RF cross behind left  
 & LF step to left side  
 26 RF 1/4 turn right; step to right side  
 27 LF touch toes forward  
 28 LF touch toes to the left side  
 29 LF cross behind right  
 & RF step right side  
 30 LF 1/4 turn left; step to left side  
 31 RF rock forward  
 32 LF step in place (recover)

## 1/2 TURN RIGHT, LEFT, RIGHT, ROCK AND RECOVER, TOUCH 1/4 TURN, CROSS SHUFFLE

33&34 RF step R,L,R while making 1/2 turn right  
 35 LF rock forward  
 & RF step in place (recover)  
 36 LF step back  
 37 RF touch toes back  
 38 LF 1/4 turn right, weight remains on left  
 39 RF cross over left  
 & LF step to left side  
 40 RF cross over left

## STEP BACK, SIDE, FORWARD, STEP, LOCK, STEP 1/4 TURN RIGHT, SIDE, BEHIND, SIDE, IN FRONT, SIDE, ROCK RECOVER

41 LF step back  
 42 RF step to right side  
 43 LF step forward  
 44 RF step forward  
 & LF lock behind right  
 45 RF step forward, 1/4 turn right  
 & LF step to left side  
 46 RF cross behind left  
 & LF step to left side  
 47 RF cross over left  
 & LF step to left side  
 48 RF rock back  
 & LF step in place (recover)