

STAY IN THE MOMENT

Choreographer: Alan G. Birchall
Level: Beginner/Intermediate
Dance: 2 Wall Linedance
Steps/Counts: 32
Music: All My Living (Demo Version) – Beverly Knight
Start: Just Before Lyrics

Alan G. Birchall



CD: Music City Soul **BPM:**156
Seconds:12 **Count:**16

Counts

Step Description

ROCK, RECOVER, BEHIND, SIDE, CROSS, ROCK, RECOVER, BEHIND, UNWIND

- 1-2 Rock Right To Right, Recover On Left
3&4 Cross Right Behind Left, Step Left To Left, Cross Right Over Left
5-6 Rock Left To Left, Recover On Right
7-8 Cross Left Behind Right, Unwind $\frac{3}{4}$ Turn Left (3 '0' Clock)

SYNCOPATED ROCK STEPS x3, 1 $\frac{1}{4}$ TRIPLE TURN

- 9-10 Rock Forward On Right, Recover On Left
&11 Step Right By Left, Rock Forward On Left
12 Recover On Right
& 13 Step Left By Right, Rock Forward On Right
14 Recover On Left
15&16 Making $\frac{1}{4}$ Triple Turn Right Stepping Right, Left, Right (6 '0' Clock) *Alt: $\frac{1}{4}$ Triple Turn Right*

ROCK, RECOVER, SIDE, CROSS, SIDE, HEEL, STEP, CROSS, SIDE, CROSS, $\frac{1}{4}$ PIVOT

- 17-18 Cross Rock Left Over Right, Recover On Right
&19 Step Left To Left, Cross Right Over Left
&20 Step Left To Left, Extend Right Heel
21 Step Right In Place, Cross Left Over Right
22 Step Back On Right
&23 Step Left To Left, Cross Right Over Left
24 Make $\frac{1}{4}$ Turn Left – Weight On Left (Facing 3'0' clock)

HEEL SWITCH'S, STEP, $\frac{1}{4}$ PIVOT, COASTER STEP, STEP $\frac{1}{2}$ PIVOT

- 25& Touch Right Heel Forward, Step Right By Left
26& Touch Left Heel Forward, Step Left By Right
27-28 Step Forward On Right, $\frac{1}{4}$ Pivot Left – Weight On Right (12 '0' Clock)
29& Step Back On Left, Step Right By Left
30 Step Forward On Left
31-32 Step Forward On Right, $\frac{1}{2}$ Pivot Left (6'0' Clock)

Start Again