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| A Minute In Time |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner / Improver | . |
| **Choreographer:** | Derek Robinson (UK) - March 2010 | | | | |
| **Music:** | From Time to Time - Rascal Flatts : (CD: Rascal Flatts) | | | | |
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**Alt. Music:-**

**Guilty Of The Crime by The Eagles (116 bpm). CD Long Road Out Of Eden.**

**Guilty Of The Crime by The Bellamy Brothers feat. The Bacon Brothers. CD Single.**

**All tracks available to download from ITunes.**

**Start dance after 48 counts.**

**Sec 1: WALK FORWARD RIGHT, LEFT, ROCK RIGHT, STEP FORWARD, PIVOT ½ RIGHT, ROCK LEFT,CROSS.**

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| 1-2 | Walk forward right, left. |

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| 3&4 | Rock to right side on right, rock onto left in place, step forward right. |

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| 5-6 | Step forward left, pivot ½ turn right. (6 o’clock). |

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| 7&8 | Rock to left side on left, rock onto right in place, cross left over right. |

**Sec 2: SIDE RIGHT, BEHIND, ROCK RIGHT & CROSS, SIDE LEFT, BEHIND, ROCK LEFT & CROSS**

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| 1-2 | Step right to right side, cross left behind right. |

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| 3&4 | Rock to right side on right, rock onto left in place, cross right over left. |

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| 5-6 | Step left to left side, cross right behind left. |

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| --- | --- |
| 7&8 | Rock to left side on left, rock onto right in place, cross left over right. |

**Sec 3: TURN ¼ LEFT X 2, CROSS SHUFFLE, ROCK LEFT, SAILOR ¼ TURN LEFT.**

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| 1-2 | Turn ¼ left stepping back on right, turn ¼ left stepping left to left side. (12 o’clock) |

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| 3&4 | Cross right over left, close left beside right, cross right over left. |

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| 5-6 | Rock to left side on left, rock onto right in place. |

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| 7&8 | Making ¼ turn left cross left behind right, step right to right side, step left in place. (9 o’clock). |

**Sec 4: PIVOT ½ LEFT, SHUFFLE FORWARD RIGHT, PIVOT ½ RIGHT, SHUFFLE FORWARD LEFT.**

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| 1-2 | Step forward right, pivot ½ turn left. |

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| --- | --- |
| 3&4 | Step forward right, close left beside right, step forward right. |

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| 5-6 | Step forward left, pivot ½ turn right. |

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| --- | --- |
| 7&8 | Step forward left, close right beside left, step forward left. (9 o’clock) |

**Repeat**