## Live In The Moment!

Count: 64
Wall: 2
Level: Intermediate
Choreographer: Ann-Kristin Sandberg (NOR) - January 2018
Music: Live in the Moment - Portugal. The Man : (iTunes)

INTRO: 16 Count - Dance ends at 3:05
S1: KICKBALLSTEP-ROCK RECOVER-1/2 TURN R-TOE STRUT-1/2 TURN R-TOE STRUT
1\&2 Kick R foot forw, Step R next to L, Step L forw
3-4 Step R forw, Recover onto L
5-6 $\quad 1 / 2$ turn $R$ touch $R$ toe forw, $R$ heel down (F06)
7\&8 $\quad 1 / 2$ turn $R$ touch $L$ toe backw, $L$ heel down (F12)
S2: 1⁄4 TURN R-TOE STRUT-CROSS-POINT-TOGETHER-1/4 TURN WITH HEEL BUMP-BACK-POINT
1-2 $\quad 1 / 4$ turn touch $R$ toe to $R$ side, $R$ heel down (F03)
3-4 Cross $L$ over $R$, Point $R$ out to $R$ side
5\&6 Step R next to L, Lift both heels up, Turn $1 / 4 \mathrm{~L}$ with heels down (F12)(bend knees)
7-8 Step $L$ backw, Point $R$ toe forw
S3: BACK-POINT-BACK RECOVER-CROSS-POINT-CROSS-POINT
1-2 Step $R$ backw, Point $L$ toe forw
3-4 Step $L$ backw, Recover onto $R$
5-6 Cross L over R, Point R out to R side
7-8 Cross R over L, Point L out to $L$ side
S4: JAZZBOX-CROSS-SIDE-HOLD-BACK RECOVER
1-2 Cross L over R, Step R backw
3-4 Step $L$ to $L$ side, Cross $R$ over $L$
5-6 Step L to L side, Hold
7-8 Step R back, Recover onto L (F 12)
S5: TOE STRUTS x2-SIDE-TOGETHER-BACK-KICK
1-2 Touch $R$ toe to $R$ side, $R$ heel down (turn your body diagonal to $R$ )
3-4 Cross $L$ toe in front of $R, L$ heel down
5-6 Step $R$ to $R$ side, Step $L$ next to $R$
7-8 Step R backw, Kick L forw
S6: BACK RECOVER-STEP-SWEEP R-STEP-SWEEP L-STEP-TOUCH
1-2 Step L backw, Recover onto $R$
3-4 Step L forw, Sweep R out to R side
5-6 Step R forw, Sweep L out to $L$ side
7-8 Step $L$ forw, Touch $R$ next to $L$
RESTART on wall 5 Facing 12 after 48 count
S7: ROCK RECOVER-1/2 TURN R-STEP-1/2 TURN L-1/2 TURN L-WALK x 2
1-2 Step $R$ forw, Recover onto $L$
3-4 $\quad 1 / 2$ Turn $R$ stepping $R$ forw, Step $L$ forw (F06)
5-6 $\quad 1 / 2$ turn $L$ stepping $R$ backw, $1 / 2$ turn $L$ stepping $L$ forw
7-8 Step R forw, Step L forw
S8: OUT-HOLD-OUT-HOLD-TOGETHER-BEND KNEES
1-2 Step $R$ out to $R$ side (Put your $R$ hand on your chest), Hold
3-4 Step L out to $L$ side (Put your $L$ hand to your chest), Hold

TAG: End of wall 2 facing 12:
1-2 Step R forw, Recover onto L
3-4 Step R backw, Recover onto L
5-6 $\quad$ Step $R$ to $R$ side, Recover onto $L$
7-8 Step R backw, Recover onto L
RESTART: Wall 5 after 48 count facing 12
Last Update - 25th Jan. 2018

