## Seize the Moment

Compte: 32 Mur: 2 Niveau: Intermediate
Chorégraphe: Joyce Plaskett (UK) \& Dave Morgan (UK) - March 2016
Musique: Nothing Really Matters - Mr. Probz : (iTunes)


Section 1. Step forward Right, step $1 / 2$ pivot, step, full turn Left, Step forward Right, step $1 / 2$ pivot, step, full turn. $1,2 \& 3 \quad$ Step forward on right (1), step forward on Left (2) pivot $1 / 2$ turn over Right (\&), Step forward on left(3)
4\&5 Travelling forward make a $1 / 2$ turn Left stepping back on to Right (4), $1 / 2$ turn Left stepping forward on to Left (\&), step forward on Right (5)
(Alternative for counts 4\&, Run forward Right (4), Left (\&))

| $6 \& 7$ | Step forward on Left (6) pivot $1 / 2$ turn Right (\&), Step forward on Left (7) |
| :--- | :--- |
| $8 \&$ | Travelling forward make a $1 / 2$ turn Left stepping back on to Right foot (8), $1 / 2$ Left turn stepping |
|  | forward on to Left foot (\&) |

(Alternative for counts $8 \&$, Run forward Right (8), Left (\&))
Section 2. Full turn, press, sweep, behind, side, cross and cross, lunge, rolling $11 / 4$ vine.

| 1\&2 | Make a full turn traveling forward stepping $1 / 2$ turn back on to Right ( 1 ), $1 / 2$ turn stepping forward on to Left (\&), press weight forward on to Right (2) |
| :---: | :---: |
| (Alternative for counts 1\&, Run forward Right (1), Left (\&)) |  |
| 3,4\& | Recover weight on to Left as you sweep the Right foot round front to back (3), step Right behind Left (4), step Left to Left side |
| 5\&6 | Cross Right over Left (5), Step Left to Left side (\&), Cross Right over Left (6) |
| 7 | Lunge out to left side, pointing right toe to right side.(7) (preparing to turn Right) |
| 8\&1 | Make a $1 / 4$ turn Right stepping forward on to Right (8), make a $1 / 2$ turn Right stepping back on to Left (\&), make a further $1 / 2$ turn Right stepping forward on to Right (1) |

(Alternative for counts $8 \& 1,1 / 4$ stepping forward Right (8), Run forward Left (\&), Right (1))
Section 3. Rock $1 / 4$ left, sway, sway, night club right, step Left, sailor $1 / 2$ right.

| $2 \& 3$ | Rock forward on to left (2), recover weight on to Right (\&), make a $1 / 4$ turn Left stepping Left to |
| :--- | :--- |
| $4 \&$ | Left side. |
| $5,6 \& 7$ | Sway Right (4), sway Left (\&) <br>  <br> Step Right to Right side (5), step Left next to Right (6), Cross Right over Left (\&), step Left to <br> Left side (7) |
| Cross Right behind Left (8), make a $1 / 4$ turn Right stepping Left to Left side(\&), make a further <br> $1 / 4$ turn right as you cross Right over Left(1) |  |

Section 4. Left rock, recover, cross, side, behind, side, cross, Right rock, recover, cross, side, behind, side.
2\&3\& Rock Left out to Left side (2), recover weight Right (\&), cross Left over right (3), step Right to Right side (\&)
4\&5 Step Left behind Right (4) step Right to Right side (\&) Cross Left over Right (5)
6\&7\& Rock Right out to Right side (6), recover weight left (\&), Cross Right over Left (7), Step Left to Left side (\&)
8\& Step Right behind Left (8), Step Left to Left side (\&).
Start again.

