

# One Moment In Time!

Song: One Moment In Time (2000 Remaster), by Whitney Houston  
Album: Whitney Houston The Ultimate Collection available on iTunes (4:44)  
Choreographer: Stephen Paterson, Victoria, Australia, 4/2018  
Step Description: 32 count, 4 wall intermediate line dance  
80 BPM, Start dance after 20 counts on the word 'live'  
There are four restarts, including a 2 count tag after 8 counts on wall 5



<b>[1-8]</b>	<b>Rock Forward, Recover, Half Forward, Spin , Half, Half, Forward, Sweep Across, Side, Behind, Sweep Behind, Side</b>	
1 2 &	Rock step right forward, recover back onto left in place, Turn 1/2 right then step right forward (&)	6.00
3 4	Step left forward, full spin right then step right forward,	
& 5	Turn 1/2 right then step left slightly back (&), turn 1/2 right then step right slightly forward <i>(Easier non turn option: (4) step right forward, (&amp;) step left beside right, (5) step right forward)</i>	
6 & 7	Sweep left around to step left across right, step right out to side (&), step left behind right	
8 &	Sweep right around to step right behind left, step left out to side (&)	6.00
<b>[9-16]</b>	<b>Eighth Rock Forward, Recover, Together, Step, Half Pivot, Forward Half, Half, Eighth Side, Behind, Side</b>	
1 2 &	Turn 1/8 left then rock step right forward, recover back onto left in place, step right beside left (&)	4.30
3 4 5	Step left forward, pivot 1/2 right taking weight onto right in place, step left forward	10.30
6 &	Turn 1/2 left then step right back, turn 1/2 left then step left forward (&)	10.30
7 8 &	Turn 1/8 left then step right out to side, step left behind right, step right out to side (&)	9.00
<b>[17-24]</b>	<b>Rock Across, Recover, Side, Rock Across, Quarter Forward, Step, Half Pivot, Quarter Side, Behind, Quarter Forward</b>	
1 2 &	Rock step left across right, recover back onto right in place, step left out to side (&)	9.00
3 4 &	Rock step right across left, recover back onto left in place, turn 1/4 right then step right forward	12.00
5 6	Step left forward, pivot 1/2 right taking weight onto right in place,	6.00
& 7	Turn 1/4 right then step left out to side (&), step right behind left	9.00
8 &	Turn 1/4 left then step left forward, step right out to side (&)	6.00
<b>[25-32]</b>	<b>Behind, Sweep, Behind, Quarter Forward, Step, Half Pivot, Rock Forward, Recover, Half, Step, Half Pivot, Together</b>	
1 2 &	Step left behind right, sweep right around to step right behind left, turn 1/4 left then step left forward **	3.00
3 4	Step right forward, pivot 1/2 left taking weight onto left in place *	9.00
5 6 &	Rock step right forward, recover back onto left in place, turn 1/2 right then step right forward (&)	3.00
7 8 &	Step left forward, pivot 1/2 right taking weight onto right in place, step left beside right (&)	9.00

## RESTARTS:

**On wall 2 (starts 9 o'clock wall) dance up to count 28 \* then Restart to 6 o'clock wall**

**On wall 5 (starts 12 o'clock wall) dance up to count 8 & then add Prissy Walks:**

Step Right forward slightly across left (9),

Step Left forward slightly across right (10) then Restart to 6 o'clock

**On wall 6 (starts 6 o'clock wall) dance up to count 28 \* then Restart to 3 o'clock wall**

**On wall 9 (starts 9 o'clock wall) dance up to count 26 & \*\* then Restart to 12 o'clock wall**

## ENDING: On wall 12 (starts 6.00 wall) dance up to count 8&, then add:

- 1 2& Rock step right across left, reaching towards 10.30 with right hand palm up  
recover back onto left in place, step right to side (&) place right fist on heart
- 3 4& Rock step left across right, reaching towards 1.30 with left hand palm up  
recover back onto right in place, step left to side (&) place left fist across right like an "X"
- 1 - 8 Take hands down to sides then with fingers extended palms forward, slowly swing them out  
to sides and up above head to cross on 8
- 1 - 4 With elbows still up bring hands down in front of face on 1 - 3,  
on 4 suddenly punch right fist up at same time put left fist down beside left hip

**This is an original dance sheet, feel free to copy without change for distribution**

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