

ONE LOST MOMENT

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Music: A Moment Lost by Enya
From the CD album Amarantine
Available from Wal-Mart Music Downloads

Rhythm/Phase: Waltz Phase IV

Footwork: Opposite throughout directions for M (and for W where noted).

Sequence: Intro A Br1 A Br1 B Br2 A Br1 Ending

..... INTRODUCTION (6 Measures)

CP WALL LEAD FEET FREE WAIT 2 MEAS;; SWAY LEFT; SWAY RIGHT; HOVER SEMI; PKUP IN 3;

[1 & 2] In clsd pos wall w/ lead feet free wait 2 meas;; [3] Sway sd L w/ hips leading & upper body follows; [4] Sway sd R w/ hips leading & upper body follows; [5] Fwd L, fwd & sd R rising to ball of foot, rec fwd L to tight semi-clsd pos; [6] Twd LOD fwd R pkgng W up to clsd pos, sd L, cl R;

..... PART A (16 Measures)

DIAMOND TURN;;; TURN LEFT & CHASSE TO BJO; OUTSIDE CHNG BJO; FWD, FWD/LK, FWD; FWD CHECK – LADY DEVELOPE; OUTSIDE SWIVEL SEMI; IN & OUT RUNS;; WEAVE 6 BJO;; MANUV SD CL; OVERSPIN TURN WALL; 1/2 BOX BACK BFLY;

[1 – 4] Fwd L trng on the diag, cont left turn sd R, bk L to bjo pos; Trng lf in bjo pos step bk R, sd L, fwd R; Still in bjo pos step fwd L trng on the diag, sd R, bk L; Bk R cont turn, sd L, fwd R CBMP DLC; [5] Fwd L commence lf upper body turn, fwd & sd R/cl L, sd R to bjo pos; [6] Bk L, bk R trng lf, sd & fwd L CBMP DLW; [7] Fwd R, fwd L/lock R bhnd L, fwd L; [8] Fwd R w/ checking action, -, -; (W bk L, bring right foot up left leg to inside of left knee, then extend right foot forward;) [9] Bk L, XRIF of L w/ no weight, -; (W fwd R, swivel rf on ball of right foot ending in semi-clsd pos, -;) [10 & 11] Fwd R start rf turn, sd & bk L twd DLW to clsd pos, bk R to CBMP; Bk L trng rf, sd & fwd R between W's feet cont rf turn, fwd L to semi-clsd pos; [12 & 13] Fwd R, fwd L trng lf to clsd pos, sd & slightly bk R to DLC; Bk L DLC trng W to CBMP, bk R trng body lf to clsd pos, sd & fwd L DLW trng W to CBMP; [14] Fwd R commence rf upper body turn, cont rf turn to fc ptrn sd L, cl R; [15] Commence rf upper body turn bk L pivoting 1/2 or more rf to fc approx DLW, fwd R between W's feet heel to toe cont turn leave left leg extended back & side, rec sd & bk L fcng wall; [16] Bk R, sd L, cl R blnd bfly;

..... BRIDGE 1 (2 Measures)

TWIRL VINE 3; PKUP IN 3;

[1] Sd L, XRIB of L, sd L; (W sd & fwd R trng 1/2 rf, sd & bk L cont turn, sd R;)
[2] Twd LOD fwd R pkgng up W to clsd pos, sd L, cl R;

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..... PART B (16 Measures)

VIENNESE TURNS TWICE;;; FWD WALTZ; MANUV SD CL; CLSD IMPETUS;
1/2 BOX BACK; VIENNESE TURNS TWICE;;; FWD WALTZ; MANUV SD CL;
CLSD IMPETUS; 1/2 BOX BACK;

[1 – 4] Fwd L commence lf turn, sd R cont lf turn, XLIF of R; Bk R cont lf turn, sd L cont turn, cl R to left; Repeat meas 1 and 2;; (W bk R commence lf turn, sd L cont turn, cl R to left; Fwd L cont turn, sd R cont turn, XLIF of R; Repeat W's part of meas 1 and 2;;) [5] Fwd L, fwd R, cl L; [6] Fwd R commence rf upper body turn, cont rf turn to fc ptrn sd L, cl R; [7] Commence rf upper body turn bk L, cl R heel turn cont turn, sd & bk L to clsd pos; (W commence rf upper body turn fwd R between M's feet heel to toe pivoting 1/2 rf, sd & fwd L cont turn around M brush right to left, fwd R between M's feet to clsd pos;) [8] Bk R, sd L, cl R clsd pos LOD; [9 – 16] Same as meas 1 thru 8 of Part B;;;;;;

..... BRIDGE 2 (1 Measure)

DIP & RECOVER:

[1] Dip bk L, -, rec fwd R;

..... ENDING (5 Measures)

(MUSIC SLOWS) 2 LEFT TURNS WALL;; TWIRL VINE 3; STEP THRU, APART, & POINT;;

[1 & 2] As music begins to slow fwd L commence lf upper body turn, cont to turn up to 1/2 sd & bk R, cl L; Bk R commence lf upper body turn, cont to turn up to 1/2 sd & bk L, cl R fc wall; [3] Sd L, XRIB of L, sd L; (W sd & fwd R trng 1/2 rf, sd & bk L cont turn, sd R;) [4 & 5] Twd LOD step thru R, -, -; Apart L, -, point R twd ptrn;