



A Minute In Time

32 Count 4 Walls Improver

Choreographed by: Derek Robinson (UK) (1st March 2010)

Choreographed to: From Time To Time on Rascal Flatts by Rascal Flatts 118 BPM

Intro: 16 Style: Country

1	WALK FORWARD RIGHT, LEFT, ROCK RIGHT, STEP FORWARD, PIVOT ½ RIGHT, ROCK LEFT,CROSS.
1-2	Walk forward right, left.
3&4	Rock to right side on right, rock onto left in place, step forward right.
5-6	Step forward left, pivot ½ turn right. (6 o'clock).
7&8	Rock to left side on left, rock onto right in place, cross left over right.
2	SIDE RIGHT, BEHIND, ROCK RIGHT & CROSS, SIDE LEFT, BEHIND, ROCK LEFT & CROSS
1-2	Step right to right side, cross left behind right.
3&4	Rock to right side on right, rock onto left in place, cross right over left
5-6	Step left to left side, cross right behind left.
7&8	Rock to left side on left, rock onto right in place, cross left over right.
3	TURN ¼ LEFT X 2, CROSS SHUFFLE, ROCK LEFT, SAILOR ¼ TURN LEFT.
1-2	Turn ¼ left stepping back on right, turn ¼ left stepping left to left side. (12 o'clock).
3&4	Cross right over left, close left beside right, cross right over left.
5-6	Rock to left side on left, rock onto right in place.
7&8	Making ¼ turn left cross left behind right, step right to right side, step left in place. (9 o'clock).
4	PIVOT ½ LEFT, SHUFFLE FORWARD RIGHT, PIVOT ½ RIGHT, SHUFFLE FORWARD LEFT.
1-2	Step forward right, pivot ½ turn left.
3&4	Step forward right, close left beside right, step forward right.
5-6	Step forward left, pivot ½ turn right.
7&8	Step forward left, close right beside left, step forward left. (9 o'clock).
	Repeat

Alternative Tracks:

Guilty Of The Crime on Long Road Out Of Eden by The Eagles , 116 BPM

Guilty Of The Crime on Over The Line by The Bellamy Brothers , 109 BPM

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