

## FOR A MOMENT

Choreographers: Milo & Carol Molitoris PO Box 596 Susanville, CA 96130 916-257-5507

Record: Columbia 38-77373, "Un Momento Alla" by Rick Trevino

Footwork: Opposite, directions for man (*woman in parentheses*) Released: July 94

Phase & Rhythm: Roundlab Phase 4 + 1 (Half-Moon) + 1 Unphased (Double Underarm Turn) Bolero 41-42 RPM

Sequence: Introduction, A, B, A, B, End

Note: Unphased figures -Underarm Turn & Leg Crawl-have been phased at the current RoundLab Phase IV level for similar figures in other rhythms at the discretion of the choreographer. Double Underarm Turn is currently unphased in any rhythm.

## INTRODUCTION

Measures

### 1-4 LOP FCG WALL WAIT 1; NEW YORKER; UNDERARM TURN CP WALL; HIP LIFT ;

1-SQQ [Lead hands joined fcg wall M's rt W's lft feet free wait 1;

2-SQQ [New Yorker] Sd R commence rfc trn (*W lfc*) to "V" pos RLOD,-, ck thru L with soft knee, rec R to wall,;

3-SQQ [Underarm Turn] Sd L,-, slight trn rfc bk R with soft knee, fwd L CP Wall (*W sd R,-, XLIF under joined lead hds, fwd R twd RLOD fc ptr*);

4-SQQ [Hip Lift] Sd R with R hip extended sd bring L ft next to R with not weight,-, lift L hip, lower L hip;

## PART A

### 1-4 FULL BASIC;; NEW YORKER; SPOT TURN BFLY;

1-SQQ [Begin Full Basic] CP WALL sd L,-, bk R soft knee, rec/fwd L,;

2-SQQ [Finish Full Basic] Sd R, -, fwd L soft knee, rec/bk R,;

3-SQQ [New Yorker] Sd L begin lfc trn (*W rfc*) to "V" pos LOD,-, chk thru R with soft knee, rec L to wall;

4-SQQ [Spot Turn] Sd R trng to "V" pos RLOD,-, thru L soft knee trn rfc, rec R cont trn rfc to Bfly Wall;

### 5-8 SHLDR TO SHLDR; UNDERARM TURN; UNDERARM TURN; SHLDR TO SHLDR;

5-SQQ [Shoulder to Shoulder] Bfly sd L,-, XRIF soft knee (*W XLIB*), rec L,;

6-SQQ [Underarm Turn] Sd R to RLOD,-, slight trn lfc bk L soft knee with M's rt & W's lft hands joined, rec/fwd R to BFLY Wall (*W sd L,-, XRIF under joined hands, fwd L Bfly*);

7-SQQ [Underarm Turn] Sd L,-, slight trn rfc bk R soft knee, fwd L CP Wall (*W sd R,-, XLIF under joined lead hds, fwd R twd RLOD fc ptr*);

8-SQQ [Shoulder to Shoulder] Sd R,-, XLIF soft knee (*W XRIB*), rec R,;

### 9-12 NEW YORKER; LUNGE BREAK; RIGHT PASS; FOWARD BREAK;

9-SQQ [New Yorker] Sd L begin LF trn (*W rfc*) to "V" pos LOD,-, chk thru R with soft knee, rec L to wall;

10-SQQ [Lunge Break] Sd R OP Fcg Wall lead hnds still joined,-, lower on R extend L sd/bk, rec rising on R (*W sd ,- , bk R to contra chk like action, rec/fwd L*);

11-SQQ [Right Pass] Fwd L with slight trn rfc to "L" Pos fc DRW raise lead hands to make window and look at lady,-, XRIB trng rfc with soft knee, rec L cont trn to fc RDC (*W fwd R look at M thru window,-, fwd L with lfc trn, fwd R trng lfc under lead hands to fc M*);

12-SQQ [Fwd Break] Sd/fwd R to LOP,-, chk fwd L soft knee, rec/bk R (*W sd/bk L, -, bk R w/ contra chk action, rec/fwd L*);

### 13-16 LEFT PASS; FOWARD BREAK; SPOT TURN LOD; SPOT TURN REV;

13-SQQ [Left Pass] Sd/fwd L tng 1/4 lfc DRW shape to W, -, rec bk R soft knee cont trng lfc, sd/fwd L to LOP DRW (*W fwd R trng rfc bk to M,-, sd & fwd L with strong trn lfc, bk R to fc M*);

14-SQQ [Fwd Break] Sd/fwd R LOP DRW,-, chk fwd L soft knee, rec/bk R (*W sd/bk L,-, bk R w/ contra chk action, rec/fwd L*);

15-SQQ [Spot Turn Lod] Sd L trng to "V" pos LOD,-, thru R with soft knee trng lfc, rec L cont trn lfc fc ptr/wall;

16-SQQ [Spot Turn Rev] Sd R trng to "V" pos RLOD,-, thru L soft knee trng rfc, rec R cont trn rfc fc ptr CP Wall;

## PART B

### 1-4 HALF TURNING BASIC; FOWARD BREAK; LEFT PASS; AIDA;

1-SQQ [Half Turning Basic] Sd L,-, slip pvt bk R trng 1/4 lfc, fwd L cont 1/4 lfc to OP DLC with lead hands joined;

2-SQQ [Fwd Brk] Sd/fwd R to LOP COH,-, chk fwd L soft knee, rec/bk R (*W sd/bk L, -, bk R w/ contra chk action, rec/fwd L*);

- 3-SQQ [Left Pass] Sd/fwd L tng 1/4 lfc DRW shape to W, -, rec bk R soft knee cont trng lfc, sd/fwd L to LOP (W fwd R trng rfc bk to M,-, sd & fwd L with strong trn lfc, bk R to fc M);
- 4-SQQ [Aida] Sd/fwd R to "V" pos RLOD,-, thru L soft knee trng slight rfc (W lfc), sd/fwd R strong trng lfc release lead hands to fcg LOD (W trng rfc);
- 5-8** **AIDA LINE W/ HIP RKS; SPOT TURN; DOUBLE UNDERARM TURN; FOWARD BREAK;**
- 5-SQQ [Aida Line w/ Hip Rks] cont trng lfc (W rfc) bk L to aida line, -, hip rk fwd R, rec bk L;
- 6-SQQ [Spot Turn] Sd R trng to fc wall,-, thru L soft knee trng rfc, rec R cont trn rfc to fc ptr wall;
- 7-SQQ [Double Underarm Turn] Sd L,-, XRIF soft knee trng lfc under joined lead hands (W XLIF), fwd L cont trng lfc to fc wall;
- 8-SQQ [Fwd Break] Sd/fwd R LOP DRW,-, chk fwd L soft knee, rec/bk R (W sd/bk L,-, bk R w/ contra chk action, rec/fwd L);
- 9-12** **CROSS BODY to HANDSHAKE; HALF MOON;; START HALF MOON;**
- 9-SQQ [Cross Body] Sd/bk L trng lfc,-, bk R trng lfc join rt hands, cont lfc trn fwd L to COH(W sd/fwd R,-, fwd L start lfc trn, cont trn lfc sd/fwd R to fc Wall,);
- 10-SQQ [Begin Half Moon] Sd R begin trng rfc to lft skaters LOD,-, cont trng chk fwd L soft knee LOD, rec bk R fc ptr/COH (W trn lfc sd/fwd L to sktrs LOD,-, chk thru R, rec L trng rfc to M);
- 11-SQQ [Finish Half Moon] Trng lfc sd/fwd L to "L" pos moving RLOD,-, XRIB soft knee trng lfc, rec L finsh trn to fc RLOD (W sd/fwd R to fc Rlod "L" pos,-, fwd L trng lfc, sd R trng lfc);
- 12-SQQ [Start Half Moon] Sd/fwd R to lft skatrs RLOD,-, chk thru L soft knee, rec R trng lfc to wall join M's lft & W's rt hands (W trn lfc sd/fwd L to sktrs Rlod,-, chk thru R, rec L trng rfc to man join lead hands);
- 13-16** **UNDERARM TURN; HAND TO HAND CP WALL; HIP ROCKS; HIP LIFT;**
- 13-SQQ [Underarm Turn] Sd L,-, slight trn rfc bk R soft knee, fwd L BFLY Wall (W sd R,-, XLIF under joined lead hands, fwd R twd RLOD fc ptr);
- 14-SQQ [Hand to Hand] Sd R release lead hands to HOP LOD,-, XLIB soft knee, rec R to CP Wall;
- 15-SQQ [Hip Rocks] CP Wall sd L w/straight leg & hip rk,-, rec R w/ straight leg & hip rk, sd L w/ straight leg & hip rk;
- 16-SQQ [Hip Lift] Sd R with R hip extended sd bring L ft next to R with no weight,-, lift L hip, lower L hip;

**END**

- 1-4** **TURNING BASIC CP COH;; TURNING BASIC CP WALL;;**
- 1-SQQ [Turning Basic] Sd L,-, trng 1/4 lfc with slp pvt bk R, sd/fwd L cont trng 1/4 DLC;
- 2-SQQ [Finish Turning Basic] Sd R,-, fwd L with contra chk like action, rec R;
- 3-SQQ [Turning Basic] Repeat meas 1 to DRW;
- 4-SQQ [Finish Turning Basic] Repeat meas 2;
- 5-6** **LUNGE LINE & LEG CRAWL, -;; TWIST & HOLD,-;;**
- 5-SS [Lunge Line & Leg Crawl] Small Sd L lowering on knee while extending R leg DRW, -, hold pos & place rt hand on W's waist -, (flex R knee,-, slowly bringing lft knee up M's R leg,-);
- 6-SS [Twist & Hold] Begin lfc slow slight twst extending lft arm to LOD rt hand around W's waist looking at W while maintaining leg crawl position (W place rt hand on or around M's lft shoulder and lft arm arnd M's rt shoulder looking at man,-, hold,-);