

Momentum

Choreographed by **Heather Frye**, Tecumseh, ON, Canada
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32 Count, 4 Wall Line Dance with a 4 count tag

Choreographed to: **My Song** by Glass Tiger (begin after 32 counts)

Alternate Song: **Living in Fast Forward** by Kenny Chesney (begin on vocals)

- 1 - 8** **Shuffle Side R, L Sailor Step, R Sailor Step, Rock - Recover**
1&2 Step side right, Close left to right, Step side right
3&4 Cross step left behind right (angle body slightly), Step right to right side, Step left slightly forward to left side
5&6 Cross step right behind left (angle body slightly), Step left to side left, Step right slightly forward to right side
7, 8 Rock step left behind right, Recover weight forward onto right
- 9 - 16** **Shuffle Side L, R Sailor Step, Left Sailor Step, Rock - Recover 1/4 R**
1&2 Step side left, Close right to left, Step side left
3&4 Cross step right behind left (angle body slightly), Step left to side left, Step right slightly forward to right side
5&6 Cross step left behind right (angle body slightly), Step right to right side, Step left slightly forward to left side
7, 8 Rock step right behind left, Recover weight onto left foot making a 1/4 turn right
- 17 - 24** **Wizard Steps R, L, Rock Fwd R, Recover L, Turn 1/2 R, Step Fwd L**
1,2& Step right forward slightly angled, Lock left foot behind right, Step forward onto right
3,4& Step left forward slightly angled, Lock right foot behind left, Step forward onto left
5, 6 Rock forward onto right, Recover weight onto left
7, 8 Turn 1/2 right stepping onto right foot, Step forward onto left
- 25 - 32** **R Kick-Ball-Cross, R Side Rock, Recover L, Full Turn R, R Kick-Ball-Cross**
1&2 Kick right foot forward and slightly angled, Rock back onto ball of right foot, Cross step left over right
3, 4 Rock step side right, Recover weight onto left (prep left foot for the turn)
5, 6 Turn 1/2 right stepping onto right foot, Continue turn 1/2 right stepping onto left foot
7&8 Kick right foot forward and slightly angled, Rock back onto ball of right foot, Cross step left over right

FOUR COUNT TAG

Walls 3 & 5 when dancing to My Song **OR** **Walls 2 & 5 when dancing to Living in Fast Forward**

- 1 - 4** **Monteray Full Turn R, L Side Mambo & Cross**
1, 2 Touch right toes side right, Close right to left and make a full turn right taking weight onto right
(If you don't like to turn simply touch side right, Close right to left taking weight onto right)
3&4 Rock out side left, Recover onto right, Cross step left over right