

# Now Is The Time

**Compte:** 40

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Tina Lincoln (UK)

**Musique:** No Time for Tears - Jo Dee Messina



- 1-2 Right foot rock forward, rock back onto left foot  
& Bring right foot back beside left and put weight on to right  
3-4 Left foot rock forward, rock back onto right foot  
5&6 Left shuffle making  $\frac{1}{2}$  turn to left  
7-8 Right foot rock forward, rock back onto left  
& Bring right foot back beside left and put weight on right
- 9-10 Left foot rock forward, rock back onto right foot  
11&12 Left shuffle making  $\frac{1}{2}$  turn to left  
13-14 Step right foot to right side, cross left foot behind right  
&15-16 Step right foot to right and cross step left over right, step right foot to right
- 17&18 Left step behind right, step on right, step on left foot (left sailor step)  
19&20 Right foot step behind left, step down on right, step down on left (right sailor step)  
21-22 Left foot step to the left side, cross right foot behind left  
&23-24 Step left foot to left and cross step right over left, step left foot to left
- 25&26 Right foot step behind left, step on right, step on left (right sailor step)  
27&28 Left foot step behind right foot, step on right making  $\frac{1}{4}$  turn left, step on right (left sailor  $\frac{1}{4}$  turn)
- 29&30 Right shuffle forward  
31-32 Step left foot forward, pivot  $\frac{1}{2}$  turn to the right
- 33&34 Left shuffle forward  
35-36 Step right foot forward, pivot  $\frac{1}{2}$  turn to the left  
37& Touch right foot out to right side and bring back in place beside left  
38& Touch left foot out to left side and bring back in place beside right  
39& Touch right toe back and bring back in place beside left  
40& Touch left heel forward and bring back in place beside right

**REPEAT**

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