

# For Now On

拍数: 32      墙数: 4      级数: Improver - smooth rhythm  
编舞者: Sebastiaan Holtland (NL) - October 2015  
音乐: Good To Be Alive - Meghan Trainor : (CD: The Peanuts Movie 2015)



**Introduction: 16 counts, at the beat starts, start on approx. 09 sec. (No Tags or Restarts).**

**Part I. [1-8] Big Side Step, Back, Recover, Step, Lock, Step, ¼ L, Big Side Step, Back, Recover, ¼ L, Step, Lock, Step.**

1,2&      Step R big to R, Step L behind R, Recover back onto R.  
3&4      Step L forward, Lock R behind L, Step L forward. (12:00)  
5,6&      Making ¼ turn L (9) step R big to R, Step L behind R, Recover back onto R.  
7&8      Making ¼ turn L (6) step L forward, Lock R behind L, Step L forward.

**PART II. [9-16] Fwd Mambo Step, Back Mambo Step, ½ Pivot Turn L, 3/8 Pivot turn L.**

1&2      Step R forward, Recover back onto L, Step R slightly back.  
3&4      Step L back, Recover back onto R, Step L slightly forward.  
5-6      Step R forward, pivot ½ Turn L (12) onto L.  
7-8      Step R forward, pivot 3/8 Turn L onto L squaring up to (7.30)

**PART III. [17-24] Walks Fwd R-L, Anchor Step, Sweep, 1/8 L, Break Step, Recover, Big Step, Point & Hips R-L-R, Centre.**

1-2      Walk R forward, Walk L forward. (4.30)  
3&      Locked R behind L take weight onto R, recover on L, recover on R  
4      Making 1/8 turn L (6) sweep L from front to back.  
5&6      Step L back, recover back onto R, Step L big forward.  
7&8&      Point R out to R, Bump R hip R, Bump L hip L, Bump R hip R, hip to centre.

**PART IV. [25-32] Side, Behind, Side, Cross & Cross, Point & Point, ¼ L, Back Rock, Recover (Hips).**

1,2&      Step R to R, Step L behind R, Step R to R.  
3&4      Step L across R, Step R slightly to R, Step L across R.  
5&6&      Point R out to R, Step R next to L, Point L out to L, Step L next to R.  
7-8      Making ¼ turn L (3) step R back (pull hips back), recover back onto L.

**REPEAT DANCE AND HAVE FUN!!!**

Dance Edit, email: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)

Last Update - 3rd. Nov. 2015