

# Perpetual Now

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Inge Vestergård (DK) - February 2016  
音乐: Perpetual Now - Simon Lyngre : (Album: The Absence Of Fear - 4:27)



**Intro: 32 count intro ( 15 sec. Into track). Start with weight on L foot.**

## **Sec. 1: Chassé R, Back Rock, Extended Wine L**

1 & 2                      Step R to R side, Step L beside R, Step R to R side  
3 - 4                      Rock back L, Recover R  
5 - 8                      Step L to L side, Cross R behind L, Step L to I side, Cross R over L.  
**\* 8 count Tag here after Wall 4 facing 12.00 o'clock, then restart the dance.**

## **Sec. 2: Side Rock, ¼ Turn R, Shuffle L Fwd, Rocking Chair**

1 - 2                      Rock L to L side, ¼ Turn Stepping fwd on R (3.00)  
3 & 4                      Step L fwd, Close R beside L, Step fwd on L  
5 - 8                      Rock R fwd, Recover L, Rock R back, Recover L.

## **Sec. 3: Shuffle R Fwd, Rock Step , Shuffle ½ Turn L, Step, ¼ Turn L**

1 & 2                      Step fwd R, Close L beside R, Step fwd R  
3 - 4                      Rock fwd L, Recover R  
5 & 6                      ½ turn L stepping fwd L, Close R beside L, Step fwd. L (9.00)  
7 - 8                      Step fwd. R, ¼ turn L weight on L (6.00)

## **Diagonal Toe Struts with Hip Bumps, Jazzbox ¼ Turn R**

1 - 2                      Tap R Toe diagonal in front of L with R Hipbump, Drop R Heel  
3 - 4                      Tap L Toe diagonal L with L Hipbump, Drop L Heel  
5 - 8                      Cross R over L, ¼ turn R stepping back on L, Step R to R side, Cross L over R (9.00)

## **\* Tag after Wall 4: Chassé R, Back Rock, Chassé L, Back Rock**

1 & 2                      Step R to R side, Step L beside R, Step R to R side  
3 - 4                      Rock back L, Recover R  
5 & 6                      Step L to L side, Close R beside L, Step L to L side  
7 - 8                      Rock back R, Recover L.

**\*\* Ending on Wall 15 starting at 6 o'clock.**

**Dance the jazz box without the ¼ turn, and you will end the dance facing 12 O'clock**

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