

For Now

拍数: 32 墙数: 2 级数: Intermediate Rolling Count
编舞者: Travis Taylor (AUS) - June 2020
音乐: For Now - P!nk : (Album: Beautiful Trauma)



INTRO: Start Dance On The Word 'Ain't' – 18 seconds in
SEQUENCE: A,A,B, A,A, B,B, A,B, B,B

PART A:

A1: STEP/SWEEP, STEP/SWEEP, STEP/SWEEP, CROSS, SIDE, BEHIND, 1/4 R FWD, 1/4 L BACK, 1/4 R FWD, SIDE DRAG (GLIDES)

1-2 Step R fwd sweeping L around, Step L fwd sweeping R around
3 Step R fwd sweeping L around
4&a Cross L over R, Step R to R side, Step L behind R
5-6 1/4 R Step R fwd dragging L, 1/4 R Step L back dragging L
7-8 1/4 R Step R fwd dragging L, Step L to L side dragging R

NOTE: Think of Counts 5-8 as Glides

A2: SAILOR STEP, BEHIND/SWEEP, SAILOR STEP, BEHIND SIDE CROSS, SIDE SWAY R, SWAY L, SWAY R, ROLL 1 & 1/4 L

1&a Step R behind L, Rock L to L side, Replace weight on R
2 Step L behind R sweeping R around
3&a Step R behind L, Rock L to L side, Replace weight on R
4&a Step L behind R, Step R to R side, Cross L over R
5-6-7 Step R to R side swaying hips R, sway hips L, sway hips R
8&a 1/4 L Step L fwd, 1/2 L Step R back, 1/2 L Step L fwd (12:00)

(Make Count 8 a sharp turn, you will hear this in the music on various walls)

PART B:

B1: 1/2 L SWEEP, BEHIND, SIDE, CROSS/SWEEP, CROSS SIDE BEHIND, SIDE/PREP, 1/4 R, 1/2 R, 1/2 R/SWEEP, CROSS SIDE/ROCK, REPLACE

1 1/2 L Step R back sweeping L around (6:00)
2a3 Step L behind R, Step R to R side, Cross L over R
4&a Cross R over L, Step L to L side, Step R behind L
5 Step L to L side prepping body L with R toes pointed to R side
6a7 1/4 R Step R fwd, 1/2 Step L together, 1/2 R Step R fwd sweeping L around
8&a Cross L over R, Rock R to R side, Replace weight on L

B2: CROSS, SIDE, BACK, BACK, SIDE, FWD, FWD/STOP, BACK DRAG, BACK DRAG, BACK BACK BACK, 1/4 SIDE, SQUARE UP DRAG

1&a Cross R over L, 1/8 R Step L back, Step R slightly back
2&a Step L back, 1/4 R Step R fwd, Step L slightly fwd
3-4 Rock R fwd leaning whole body fwd, Push weight back onto L dragging L

NOTE: Music will say Stop, so treat count 3 as a stop motion

5 Step R back dragging L
6&a Run back stepping L, R, L
7 1/4 Big Step R to R side leaving L pointed to L side (Body prep to the R)
8 Step L fwd facing the 12:00 dragging R slightly together

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