

It's Now or Never

拍数: 64 墙数: 2 级数: Low Intermediate
编舞者: Nelly Chu (CAN) - September 2020
音乐: It's Now or Never - Elvis Presley



Intro - Start after 8 counts

ROCK RECOVER STEP HOLD TWICE

1-2-3-4 Rock left forward, recover to right, step left back, hold
5-6-7-8 Rock right back, recover to left, step right forward, hold (12:00)

SCISSOR STEP HOLD, SCISSOR STEP HOLD

1-2-3-4 Step left side, bring right together, cross left over, hold
5-6-7-8 Step right side, bring left together, cross right over, hold

STEP TOGETHER STEP HOLD TURN 1/4 LEFT AND ROCK RECOVER TURN 1/4 RIGHT AND STEP HOLD

1-2-3-4 Step left side, step right together, step left side, hold (12:00)
5-6-7-8 Turn 1/4 left and rock right forward with stretch right arm forward and left arm stretch up to left side, recover to left (9:00), turn 1/4 right and step right side, hold (12:00)

TURN 1/4 RIGHT AND ROCK RECOVER TURN 1/4 LEFT AND STEP HOLD ROCK RECOVER STEP HOLD

1-2-3-4 Turn 1/4 right and rock left forward with stretch left arm forward and right arm stretch up to right side, recover to right (3:00), turn 1/4 left and step left side, hold (12:00)
5-6-7-8 Rock right back, recover to left, step right forward, hold (12:00)

STEP TURN 1/2 RIGHT AND STEP HOLD, FULL TURN LEFT HOLD

1-2-3-4 Step left forward, turn 1/2 right (weight to right), step left forward, hold
5-6-7-8 Turn 1/2 left and step right back, turn 1/2 left and step left forward, step right forward, hold (6:00)

Easy no turn option: step right forward, step left forward, step right forward, hold

SWAY HOLD SWAY HOLD, STEP TOGETHER STEP HOLD

1-2-3-4 Sway hip to left, hold, sway hip to right, hold
5-6-7-8 Step left side, step right together, step left side, hold

SWAY HOLD SWAY HOLD ROLLING TURN RIGHT TOUCH

1-2-3-4 Sway hip to right hold, sway hip to left, hold
5-6-7-8 Turn 1/4 right and step right forward 1/2 right step left back, turn 1/4 right and step right side, touch left together (6:00)

ROCK RECOVER TURN 1/2 LEFT HOLD STEP TURN 1/2 LEFT AND STEP HOLD

1-2-3-4 Rock left forward, recover to right, turn 1/2 left and step left forward, hold (12:00)
5-6-7-8 Step right forward, turn 1/2 left (weight to left), step right forward, hold (6:00)

REPEAT

Note: Music slows down toward the end, just keep on dancing at the regular beat.