

Now and Forever

COPPER KNOB
STEPSHETS

拍数: 24 墙数: 2 级数: Beginner
编舞者: Sandy Carty Hodges (USA) - September 2023
音乐: Now and Forever - Air Supply



Intro: 24 CTS. - NO Tags/ NO Restarts

SECTION ONE: BASIC FORWARD AND BACK (12:00)

1,2,3 Forward left, right together, left together,
4,5,6 Back right, left together, right together.

SECTION TWO: BASIC ¾ TURN TO LEFT. (3:00)

1,2,3 Step forward on left foot making a 1/4 turn left,(9:00) step on right making 1/4 turn left,(6:00)
step on left making 1/4 turn left. (3:00)
4,5,6 Step forward on right foot, step left together, step right together. (3:00)

SECTION THREE: JAY WALKS LEFT AND RIGHT (3:00)

1,2 hold 3: Step left foot across right foot, point right toe to right side, hold.
4,5 hold 6: Step right foot across left, point left toe to left side, hold.

SECTION FOUR: TWINKLES LEFT, TWINKLE RIGHT ,1/4 TURN RIGHT. (6:00)

1,2,3, Cross left over right, step right to right side, step left to left,
4,5,6 Cross right over left, step left to left side making 1/4 turn right step right forward.

E.O.D. START DANCE AGAIN. (sandyutah82@gmail.com)

Last Update: 3 Oct 2023
