

For Now

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver Waltz
编舞者: Bob Francis (UK) - November 2024
音乐: For Now - P!nk



Intro: Counts 48 / 8 seconds

Sec-1 STEP, POINT, HOLD, BACK, POINT, HOLD.

123 Step forward on L, Point R to R side, Hold
456 Step back on R, point L to L side, hold

Sec-2 QUARTER BASIC FORWARD, BACK LOCK STEP.

123 Step forward on L making $\frac{1}{4}$ turn L, Step R next to L, Step back on L
456 Step back on R, Step L across R, Step back on R.9-00

Sec-3 L SAILOR, R QUARTER SAILOR,

123 Sweep L behind R, step R to R side, Step L to L side.
456 Sweep R behind L, Step forward on L making $\frac{1}{4}$ turn R, Step forward on R 12-00

Sec-4 STEP HALF TOGETHER, COASTER STEP.

123 Step forward on L, Step back on R making $\frac{1}{2}$ turn L, Step L next to R.
456 Step back on R, Step L next to R Step forward on R. 6-00

SEC-5 CROSS, SWEEP, CROSS, SWEEP.

123 Cross L over R, Sweep R forward over 2 counts.
456 Cross R, over L, Sweep L forward over 2 counts.

SEC-6 FORWARD MAMBO, BACK ROCK QUARTER, STEP,

123 Rock forward on L, Step R next to L, Step back on L.
456 Rock back on R making $\frac{1}{4}$ turn R, Step L next R, Step forward on R. 9-00

SEC-7 STEP, HALF, TOGETER, COASTER STEP.

123 Step forward on L, Step back on R making $\frac{1}{2}$ turn R, step L next to R.
456 Step back on R, Step L next to R, Step forward on R.3-00

SEC-8 STEP, HITCH, HOLD, BACK, TOUCH, HOLD.

123 Step forward on L, Hitch R knee hold.
456 Step back on R, Touch L next to R, Hold.

End of dance no tags no restarts enjoy

Email: robertdfancis@btconnect.com