

# Now and Later

拍数: 64      墙数: 2      级数: Advanced  
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音乐: Now and Later - Sage the Gemini



Intro: 16 Counts, Start at approx 11 secs

Sequence: A, B, B, A, B, B, A, B, A, B

## Part A

### SEC 1 Side, Touch, Side, Weave, Side Rock, ¼ Leg Swings

1&2      Step right to right, touch left beside right, step left to left  
3&4      Step right behind left, step left to left, cross right over left  
5-6      Rock left to left pushing shoulders left, recover weight on to right pushing shoulders right  
7&      Step left beside right lifting right to right, step right beside left lifting left to left  
8      Turn ¼ left step left beside right flicking right back (9:00)

### SEC 2 ½ Tik Tok, Side, Hold, ¼ Step, Hold, ½ Back, Coaster Step

1&2      Step right forward, turn ¼ left twist left heel to right, turn ¼ left twist right heel to right (3:00)  
3-4      Step left to left, hold  
5-6      Turn ¼ right step right forward, hold (6:00)  
7      Turn ½ right step left back (12:00)  
8&1      Step right back, step left beside right, step right forward

### SEC 3 Step, Hold, V-Step, Hold, Walk, Walk

2-3      Step left forward, hold  
4&      Step right forward to right diagonal, step left to left  
5&      Step right back, step left beside right  
6      Hold  
7-8      Step right forward, step left forward

### SEC 4 Kick, Step, Heel Bounce, Hitch, Step, Heel Bounce, Back Together, Bounce Heels

1-2      Kick right forward leaning back, step right forward

#### Arms

1-2      Take both arms to sides at shoulder height, bend both elbows at 90 degrees keeping hands at shoulder height  
&3      Lift right heel, drop right heel transferring weight on to right  
4-5      Hitch left leaning back, step left forward

#### Arms

4-5      Keeping elbows at shoulder height lift hands to head height, return hands to shoulder height  
&6      Lift left heel, drop left heel keeping weight on right  
&7&8      Step left back, step right beside left, lift both heels, drop both heels

## Part B

### SEC 1 ¼ Heel Grind, Ball Step, ½ Pivot, 1¾ Volta Turn, Side

1-2      Touch right heel forward, turn ¼ right grinding heel step left back (3:00)  
&3-4      Step right beside left, step left forward, pivot ½ right transferring weight onto right (9:00)  
5&      Turn ½ left cross left over right, turn ¼ left step right beside left (12:00)  
6&      Turn ¼ left cross left over right, turn ¼ left step right beside left (6:00)  
7-8      Turn ¼ left cross left over right, turn ¼ left step right to right (12:00)

### SEC 2 Sailor Step, Syncopated Weave, Side Rock Cross, ½ Ball Lock, ⅝ Unwind

1&2      Step left behind right, step right to right, step left to left  
&3-4      Step right behind left, step left to left, cross right over left

5&6 Rock left to left, recover weight on to right, cross left over right  
&7-8 Turn  $\frac{1}{8}$  right step right forward, lock left behind right, unwind  $\frac{5}{8}$  left transferring weight onto left (6:00)

**SEC 3 Walk, Walk, Mambo Step,  $\frac{1}{4}$  Coaster Cross Shuffle,  $\frac{1}{4}$  Ball Step**

1-2 Step right forward, step left forward  
3&4 Rock right forward, recover weight on to left, step right back  
5&6 Step left back, step right beside left, turn  $\frac{1}{4}$  left cross left over right (3:00)  
&7&8 Step right beside left, cross left over right, step right beside left, turn  $\frac{1}{4}$  right step left forward (6:00)

**SEC 4 Kick, Together, Side Rock, Kick, Together, Side Rock, Rock, Back Together, Bounce Heels**

1&2& Kick right forward, step right beside left, rock left to left, recover weight on to right  
3&4& Kick left forward, step left beside right, rock right to right, recover weight on to left  
5-6 Rock right forward, recover weight on to left  
&7&8 Step right back, step left beside right, lift both heels, drop both heels

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