

拍数: 48 墙数: 4 级数: Intermediate/Advanced
编舞者: Jennifer Hughes (AUS)
音乐: Now - Lonestar



BACK RIGHT, BACK LEFT, RIGHT COASTER, STEP LEFT FORWARD, STEP FORWARD, PIVOT ½ LEFT, RIGHT CROSS SAMBA

- 1-2-3&4 Step back on right sweeping left to left side, step back on left sweeping right to right side, step back on right, step left beside right, step forward on right
5&6-7&8 Step forward on left, step forward on right, pivot turn ½ turn left weight on left, cross/step right over left, step left to left, step right to right (6:00)

CROSS, ¼, ½, ROCK, REPLACE, BACK ½, BACK ½, RIGHT SAILOR

- 1&2-3-4 Cross step left over right, turn ¼ turn left step back on right, turn ½ turn left step forward on left (9:00), rock/step forward on right, rock/replace back on left
5-6-7&8 Turn ½ turn right step forward on right, turn ½ turn right step back on left, step right behind left, step left to left side, step right to right (9:00)

LEFT SAILOR, BACK, FORWARD, ¾ TURN LEFT, SHUFFLE FORWARD, ROCK FORWARD, REPLACE

- 1&2-3&4 Step left behind right, step right to right, step left to left, rock/step back on right, rock forward on left, turn ¼ turn left step back on right
5&6-7-8 Turn ½ turn left shuffle forward stepping left, right, left, rock/step forward on right hooking left behind right knee, rock/replace back on left (12:00)

LOCK SHUFFLE BACK, ½ TURN SAILOR CROSS, SIDE ROCK, REPLACE, ½, ½, STEP BEHIND

- 1&2-3&4 Lock shuffle back stepping right, lock step left over right, step back on right, step left behind right, turn ½ turn left stepping right to right side, cross/step left over right
5-6-7&8 Rock/step right to right, rock/replace left to left, turn ½ turn right step right to right side, turn ½ turn right step left to left side, step right behind left (6:00)

SIDE, REPLACE, BEHIND, SIDE, CROSS WITH FULL TURN RIGHT, SHUFFLE FORWARD, STEP, ½ LEFT

- 1-2-3&4 Rock/step left to left, rock/replace right to right side, step left behind right, step right to right side, step forward on left across right to 45 degrees right turning full turn right
5&6-7-8 Shuffle forward to right 45 degrees stepping right, left, right, step forward on left (at 45 degrees left to straighten up), turn ½ turn left step right to right side (12:00)

(*)

BEHIND, ¼, SIDE, BEHIND, SIDE, CROSS WITH FULL TURN RIGHT, SHUFFLE FORWARD, STEP, ½ RIGHT

- 1&2-3&4 Step left behind right, turn ¼ turn right step forward on right, step left to left side (3:00), step right behind left, step left to left side, step forward on right across left to 45 degrees left turning full turn left
5&6-7-8 Shuffle forward to left 45 degrees stepping left, right, left, step forward on right (at 45 degrees right to straighten up to 3:00), turn ½ turn right step left to left side (9:00)

REPEAT

RESTART

On wall 2, dance to count 40. Add & count to step left beside right, then restart dance (9:00). (this restart will be wall 3)

TAG

At the end of wall 4 (facing 3:00) add 8 counts. Do the 1st 8 counts of the dance sequence, add & count to

step left beside right, then restart facing 9:00 (this is now wall 5)

FINISH

On wall 6 (starts at 6:00), dance to count 17, turn $\frac{1}{4}$ turn left to finish the left sailor step

During wall 5, dance through the slight pause in the song (at the same pace)
