

Now And Forever

拍数: 24 墙数: 2 级数: Beginner waltz
编舞者: Shin-ichiro Baba (JP)
音乐: Now and Forever - Air Supply



FORWARD TWINKLE, STEP DIAGONALLY FORWARD, 1/8 TURN & POINT, HOLD

1-2-3 Step left forward, rock right to side, recover to left

Angling diagonally left

4-6 Cross right over left, turn 1/8 right and touch left to side, hold (12:00)

CROSS, BACK ¼ TURN LEFT, SIDE, CROSS, BACK ¼ TURN RIGHT, HEEL TURN ¼ RIGHT

1-3 Cross left over right, turn ¼ left and step right back, step left to side

4-6 Cross right over left, turn ¼ right and step left back, turn ¼ right and slide/step right together (3:00)

CROSS LUNGE, RECOVER, DIAGONALLY BACK, CROSS, SIDE, BEHIND

1-3 Cross/rock left over right, recover onto right, step left diagonally back

Slightly back

4-6 Cross right over left, step left to side, cross right behind left

SIDE, SLIDE, STEP ¼ TURN, ¾ TURN RIGHT, STEP ¼ TURN

1-3 Step left to side, slide/touch right together over 2 counts

4-6 Turn ¼ right and step right forward, turn ¾ right and step left together, turn ¼ right and step right forward

Option: replace count 5-6: walk forward left, right

REPEAT

TAG

Danced at end of walls 2 and 6: basic forward & back

1-3 Step left forward, step right together, step left in place

4-6 Step right back, step left together, step right in place

TAG

Danced at end of wall 10: left ½ turn & coaster step twice

1-3 Step left forward, turn ½ left and step right back, step left together

4-6 Step right back, step left together, step right forward

1-3 Step left forward, turn ½ left and step right back, step left together

4-6 Step right back, step left together, step right forward