

Now I Know

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Alan Birchall (UK)
音乐: I Could Have Loved You - Lighthouse Family



SYNCOPATED TWINKLES TWICE, SYNCOPATED $\frac{3}{4}$ TURN, STEP, STEP

1&2 Cross right over left, small step diagonally back on left, step right by left
3&4 Cross left over right, small step diagonally back on right, step left by right
5&6 Cross right over left, step left to left making $\frac{3}{4}$ turn right, step forward on right (facing 9:00)
7-8 Step left to left, step right by left

RIGHT & LEFT HEEL JACKS, TWIST $\frac{1}{2}$ TURN, STEP $\frac{1}{2}$ PIVOT

&1 Step diagonally back on left, extend right heel
&2 Step right by left, cross left over right
&3 Step diagonally back on right, extend left heel
&4 Step left by right, cross right over left
5&6 Making $\frac{1}{2}$ turn left while twisting heels right, left, right (facing 3:00)
7-8 Step forward on right, $\frac{1}{2}$ pivot left (facing 9:00)

FULL TURN, STEP LOCK, CROSS, BACK, SIDE, CROSS

1-2 Make $\frac{1}{2}$ pivot left on ball of left foot while stepping back on right, make $\frac{1}{2}$ pivot right on ball of right foot while stepping forward on left (facing 9:00)

Alternative: walk forward right, left

3&4 Step forward on right, lock left behind right, step forward on right
5-6 Cross left over right, step back on right
7-8 Step left to left, cross right over left

ROCK/ RECOVER WITH HIP BUMPS, ROCK $\frac{1}{4}$ TURN, RECOVER WITH HIP BUMPS

1&2 Step left to left bumping hips left right left (weight on left)
3&4 Bump hips right, left, right (weight on right)
5&6 Making $\frac{1}{4}$ turn left step left to left bumping hips left right left (weight on left facing 6:00)
7&8 Bump hips right, left, right (weight on right)

1 $\frac{1}{4}$ TURN, CROSS, STEP, STEP, BACK LOCK, STEPS, STEP, $\frac{1}{2}$ TURN

&1 Step on to left making $\frac{1}{4}$ turn left on ball of left, make $\frac{1}{2}$ turn left stepping back on right (facing 9:00)
2 On ball of right make $\frac{1}{2}$ turn left stepping forward on left (facing 3:00)

Alternative: make $\frac{1}{4}$ turn left walk forward right, left

3-4 Cross right over left, step left to left
5& Step back on right, lock left over right
6& Step back on right, lock left over right
7-8 Step back on right, make $\frac{1}{2}$ pivot left stepping forward on left (facing 9:00)

$\frac{1}{4}$ TURN WITH HIP BUMPS, RECOVER WITH HIP BUMPS, $\frac{1}{2}$ TURN HOLD, $\frac{1}{2}$ HINGE TURN, HOLD

1&2 Make $\frac{1}{4}$ turn left stepping right to right bumping hips right left right (weight on right facing 6:00)
3&4 Bump hips left, right, left (weight on left)
5-6 Make $\frac{1}{2}$ hinge turn right on ball of left foot step right to right, hold (facing 12:00)
7-8 Making $\frac{1}{2}$ hinge turn right on ball of right foot step left to left, hold (facing 6:00)

REPEAT

