

Now I Know (P)

拍数: 56 墙数: 0 级数: Partner
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音乐: Now I Know - Lari White



Position: Facing LOD in Right Open Promenade position. Holding inside hands. Opposite feet throughout

CROSS, BACK, TRIPLE STEP ¼ TURN, CROSS, BACK, TRIPLE STEP ¼ TURN

1-4 Step and cross right over left, step left back, triple step turning ¼ turn right to face partner
Briefly take up open double hand hold
5-8 Step and cross left over right, step right back, triple step turning ¼ turn left to face LOD
Release left hand, now facing LOD in open promenade position

TURN ¼, TOGETHER, SIDE SHUFFLE ¼ TURN, TURN ¼, TURN ¼, SHUFFLE

9-10 Step right forward turning ¼ turn left, step left beside right
11&12 Step right to right side, step left beside right, turn ¼ left stepping right back
Change hands as you turn to face RLOD
13-14 Turn ¼ left stepping onto left to left side, turn ¼ left stepping right forward
15&16 Left shuffle forward
As you turn to face LOD change hands, lady's left into man's right

WALK, WALK, SHUFFLE, WALK, WALK, SHUFFLE

17-20 Walk forward on right, left, right shuffle forward
21-24 Walk forward on left, right, left shuffle forward
As you walk forward change hands to man's hand on top

STEP, STEP, (LADY ½ TURN) SHUFFLE

25-26 **MAN:** Step in place on right, left
 LADY: Step left forward turning ¼ turn right, turn ¼ turn right stepping right back
Pass joined hands over lady's head as she turns to face partner, RLOD take up open double hand hold
27&28 Right shuffle forward

ROCK, RECOVER, (LADY ROCKS BACK) TRIPLE STEP, (LADY: ½ TURN) STEP, STEP, (LADY: ½ TURN) TRIPLE STEP, STEP, STEP, TRIPLE STEP, (LADY FULL TURN)

29-30 Step and rock back on left, recover onto right
31&32 **MAN:** Triple step in place left, right, left
 LADY: Triple step on right, left, right turning ½ turn left
Pass mans' left, lady's right hands over lady's head as she turns, when lady has her back to man start to lower left hand and raise right
33-34 **MAN:** Step in place on right, left
 LADY: Continue turning another ½ turn left stepping on left, right
Raise right hand over lady's head as she turns and lower into crossed hands in front, mans' right, lady's left on top, make the rise and fall of hands a smooth and flowing movement, as you lower, swing hands slightly right then left to give momentum to next move
35&36 Triple step in place on right, left, right
37-40 **MAN:** Step in place on left, right, left shuffle moving slightly to left
 LADY: Step on right, left, triple step making a full turn right
Pass hands over lady's head to end right shoulder to right shoulder, arms spread

WALK, WALK SHUFFLE PINWHEEL ½ TURN, WALK, WALK SHUFFLE ½ TURN, (LADY: CROSS, SIDE, TRIPLE STEP)

41-44 Walk forward on right, left, right shuffle, making ½ pinwheel turn to right
45-48 **MAN:** Walk forward on left, right, making ½ turn right passing behind lady, left shuffle forward

LADY: Step right to right side, step left beside right, right shuffle forward
Release left hand, raise right over lady's head into right open promenade position

STEP, PIVOT, SHUFFLE ½ TURN, ROCK, RECOVER, SHUFFLE

49-50 Step right forward, pivot ½ turn left to face RLOD release hands

51&52 Right shuffle making ½ turn left to face LOD rejoin inside hands

53-54 Step and rock back on left, recover onto right

55&56 Left shuffle forward

REPEAT
