

Now Is The Time

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Tina Lincoln (UK)
音乐: No Time for Tears - Jo Dee Messina



- 1-2 Right foot rock forward, rock back onto left foot
& Bring right foot back beside left and put weight on to right
3-4 Left foot rock forward, rock back onto right foot
5&6 Left shuffle making $\frac{1}{2}$ turn to left
7-8 Right foot rock forward, rock back onto left
& Bring right foot back beside left and put weight on right
- 9-10 Left foot rock forward, rock back onto right foot
11&12 Left shuffle making $\frac{1}{2}$ turn to left
13-14 Step right foot to right side, cross left foot behind right
&15-16 Step right foot to right and cross step left over right, step right foot to right
- 17&18 Left step behind right, step on right, step on left foot (left sailor step)
19&20 Right foot step behind left, step down on right, step down on left (right sailor step)
21-22 Left foot step to the left side, cross right foot behind left
&23-24 Step left foot to left and cross step right over left, step left foot to left
- 25&26 Right foot step behind left, step on right, step on left (right sailor step)
27&28 Left foot step behind right foot, step on right making $\frac{1}{4}$ turn left, step on right (left sailor $\frac{1}{4}$ turn)
- 29&30 Right shuffle forward
31-32 Step left foot forward, pivot $\frac{1}{2}$ turn to the right
- 33&34 Left shuffle forward
35-36 Step right foot forward, pivot $\frac{1}{2}$ turn to the left
37& Touch right foot out to right side and bring back in place beside left
38& Touch left foot out to left side and bring back in place beside right
39& Touch right toe back and bring back in place beside left
40& Touch left heel forward and bring back in place beside right

REPEAT
