

Now That I Know

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Debbie Diachuk (CAN)
音乐: Now That I Know - Mariah Carey



1st Place Winner Choreography Competition - Vancouver Vibrations Dance Event May 2006

BACK (CROSS) BALL-CHANGE, STEP BACK (RIGHT-LEFT-RIGHT), COASTER STEP (LEFT-RIGHT-LEFT)

1&2 Cross right behind left, recover by stepping onto left, right step back with weight
3 Step left back (styling option, drag left heel or toe or both)
&4 Step right beside left, step left forward
5-8 Repeat 1-4

You will feel like you are moving slightly backwards

FORWARD TRIPLE (RIGHT-LEFT-RIGHT), TRIPLE FULL-TURN (LEFT-RIGHT-LEFT), SAILOR STEP (RIGHT-LEFT-RIGHT), STEP BACK, PIVOT (½) TURN (LEFT-LEFT)

1&2 Step forward right, step left together, step forward right
3&4 Turning to the right, left, right, left on the spot
5&6 Cross right behind left, step left to left side, step right to right side
7-8 Step back onto ball of your left foot, pivot ½ turn to the left (on both balls of your feet) transfer back onto left (6:00)

FORWARD TOE STRUT (RIGHT, RIGHT), FORWARD TOE STRUT (LEFT, LEFT), FORWARD TAP, BACK STEP (RIGHT, RIGHT), BACK TAP FORWARD STEP (RIGHT, LEFT)

1-2 Tap right toe forward, step down onto right
3-4 Tap left toe forward, step down onto left
5 Bring your right toe forward beside left heel (styling option, bend your knees and bow your shoulders slightly forward when you tap)
6 Right step back with weight
7 Bring your left toe back beside right toe (styling option, bend your knees and lean back slightly when you tap)
8 Step left forward (bow slightly forward for styling) (6:00)

STEP BACK TOGETHER POINT (RIGHT-LEFT-RIGHT) "BACKWARD DOLPHIN", STEP BACK TOGETHER POINT (RIGHT-LEFT-RIGHT) "BACKWARD DOLPHIN", HEEL & HEEL & (RIGHT, RIGHT, LEFT, LEFT), FORWARD PIVOT ¼ TURN, STEP FORWARD (RIGHT, LEFT)

1&2 Step back onto the ball of your right foot with weight, step left back together beside right with weight, point right toe back with no weight

Styling option, bring both arms straight over your head or forward at shoulder level while you travel backwards, leave up until after counts 3&4 of this section below are complete

3&4 Step back with your right foot, step left together beside right with weight, point right back with no weight

It's a lot easier if you stay on the balls of your feet

5&6& Forward right heel, right back together, forward left heel, left back together

7-8 Step right forward, pivot ¼ turn to the left stepping slightly forward onto left (3:00)

REPEAT

RESTART

Restart the dance after the first 16 counts on both the 4th and 10th walls (both restarting on the 3:00)