

# I See It Now

拍数: 60      墙数: 2  
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音乐: I See It Now - Tracy Lawrence

级数: Intermediate/Advanced waltz



## STRIDE, STEP, STEP, STRIDE, ¼ TURN, STEP

- 1-3            Left stride forward, step right forward, step left forward  
4-6            Right stride forward, step left forward into ¼ turn right, step right slightly back

## CROSS, ¼, ¼, CROSS, ¾ TRIPLE STEP TURN

- 7-9            Cross left over right, step right back into ¼ turn left, step left back into ¼ turn left  
10-11         Cross right over left, step left back into ¼ turn right  
&12           Step right into ¼ turn right, step left slightly forward into ¼ right

## LUNGE, PUSH, ¼ TURN STEP, STRIDE FORWARD DIAGONAL, STEP TOGETHER

**Definition of lunge: ball lead stride forward, with right knee bent: head, shoulders, knee, toe in line, back leg straight, heel off floor**

- 13-14         Right stride forward lunge, step left back (pushing off right, NOT a rock step)  
15            Step right into ¼ right  
16-18         Step left forward to right diagonal, step right slightly forward, step left beside right (turning body to left diagonal, this is NOT a cross over step. It travels!)

## STRIDE FORWARD DIAGONAL, STEP, TOGETHER, STRIDE FORWARD, ½ TURN

- 19-21         Right stride forward to left diagonal, step left slightly forward, step right in place (turning body to right diagonal)  
22-24         Left stride forward, brush right foot into ½ turn left, step right forward

## STRIDE, STEP, STEP, STRIDE, STEP, STEP (REPEAT)

- 25-27         Left stride forward, step right forward, step left forward  
28-30         Repeat counts (25-27) on opposite feet

## LUNGE FORWARD, RETURN, ½ TURN, ½ TURN, ½ TURN, ½ TURN

- 31-33         Left stride lunge forward, step right back, step left back into ½ turn left  
34-35         Step right forward into ½ turn left, step left back into ½ turn left  
36            Step right forward into ½ turn left

## STRIDE BACK, DRAG BACK, STRIDE, STEP, STEP

- 37-39         Left stride back, drag right back to left over (2) counts  
40-42         Right stride forward, step left forward, step right forward

## STRIDE SIDE LEFT, DRAG LEFT, 1 ¼ TURN RIGHT

- 43-45         Left stride to left side, drag right to left over (2) counts  
46-48         Step right into ¼ turn right, making a full spin right step: left, right

## STRIDE, ½ TURN, STEP, STRIDE BACK, STEP, TOGETHER

- 49-51         Stride left forward, make ½ turn left stepping back right, step left back  
52-54         Stride right back, step left back passing right, step right beside left

## STRIDE, ½ TURN, STEP, STRIDE BACK, STEP, TOGETHER

- 55-60         Repeat counts (49-54)

## REPEAT

