

Here And Now

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Here and Now - Steps



FORWARD MAMBO, COASTER STEP, SIDE ROCK, BEHIND SIDE CROSS

1&2 Step forward right, rock back onto left, step right beside left
3&4 Step back on left, step right beside left, step left foot forward
5-6 Rock right to right side and rock onto left in place
7&8 Cross step right behind left, step left to left side, cross step right over left

SIDE ROCK, SAILOR ¼ TURN, ½ TURN, SHUFFLE FORWARD

9-10 Rock left to left side and rock onto right in place
11&12 Cross left behind right, step right to place, step left ¼ turn left
13-14 Step forward on right, pivot ½ turn left
15&16 Step forward on right, close left to right, step forward on right

LEFT AND RIGHT VAUDEVILLES, ROCK FORWARD, LOCK STEP BACK

&17 Step left diagonally back left, touch right heel diagonally forward right
&18 Step right in place, step left beside right
&19 Step right diagonally back right, touch left heel diagonally forward left
&20 Step left in place, touch right next to left (weight on left)
21-22 Rock forward on right, rock onto left in place
23&24 Step back right, lock left in front of right, step back on right

TOUCH ½ TURN, CHASSE RIGHT, HEEL BALL CROSS, STEP AND TOUCH

25-26 Touch left to left side, on ball of right make ½ turn left stepping left beside right
27&28 Step right to right side, close left beside right, step right to right side
29&30 Touch left heel diagonally forward left, step left beside right, step right across in front of left
31-32 Step left to left side, touch right next to left

REPEAT

TAG

After third repetition

TWO ½ MONTEREY TURNS

1-2 Touch right to right side, on ball of left make ½ turn right stepping right beside left
3-4 Touch left to left side, step left beside right
5-8 Repeat steps 1-4

After 7th repetition

FOUR ¼ MONTEREY TURNS

1-2 Touch right to right side, on ball of left make ¼ turn right stepping right beside left
3-4 Touch left to left side, step left beside right
5-16 Repeat steps 1-4 three more times