

Here Now!

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Cindy Truelove (AUS)
音乐: Welcome To the Here and Now - Graeme Connors



MONTEREY TURN

1-2 Right toe point to side, turn ½ right and step right beside left
3-4 Left toe point to side, left step beside right (weight on left)
5-8 Repeat counts 1-4 to face front again

RIGHT SIDE SHUFFLES, ½ TURN, LEFT SIDE SHUFFLE, ½ TURN, RIGHT SIDE SHUFFLE, LEFT STEP INTO ¼ TURN RIGHT, ½ PIVOT TURN RIGHT

9&10 Right step side, left slide to right, right step side (12:00)
11&12 Turn ½ right to back wall (6:00) left step to side, right slide to left, left step to side
13&14 Turn ½ left to face front wall (12:00) right step side, left slide to right, right step side
15-16 Left step forward into ¼ turn right (3:00), pivot turn ½ right (facing 9:00)

LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD, ¼ TURN RIGHT, SLIDE LEFT TOGETHER, TOUCH/DIG

17&18 Left step forward, slide right beside left, left step forward
19&20 Right step forward, slide left beside right, right step forward
21-22 Step left forward dipping body a bit, straighten and turn ¼ right pushing weight to right
23-24 Slide left towards right, touch-dig with emphasis left toe beside right

LEFT SHUFFLE FORWARD, ½ PIVOT TURN, RIGHT SHUFFLE FORWARD, ROCK, ROCK

25&26 Left step forward, right slide to left, left step forward (facing 12:00)
27-28 Right step forward, turn ½ left (weight on left facing 6:00)
29&30 Right step forward, left slide to right, right step forward
31-32 Step/rock left forward, rock back onto right in place

LEFT STEP FORWARD, ½ TURN RIGHT, LEFT SHUFFLE FORWARD, ROCK, ROCK, ¾ TURN RIGHT, RIGHT SHUFFLE FORWARD

33-34 Step/rock left forward, push off and turn ½ right (end weight on right facing 12:00)
35&36 Left step forward, slide right beside left, left step forward
37-38 Step/rock forward on right, push off right rocking back on left
This step will start the momentum needed to make the ¾ turn right below
& Pivot ¾ right on ball of left (facing 9:00)
39&40 Right step forward, left slide to left, right step forward

LEFT SHUFFLE FORWARD, ROCK, ROCK, ½ TURN RIGHT, RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD

41&42 Left step forward, slide right beside left, left step forward
43-44 Step/rock forward on right, push off right rocking back on left
This step will start the momentum needed to make the ½ turn right below
& Pivot ½ right on ball of left (facing 3:00)
45&46 Right step forward, left slide to left, right step forward
47-48 Left step forward, slide right beside left, left step forward

REPEAT