

# Now And Then

拍数: 64                      墙数: 2                      级数: Intermediate  
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音乐: A Fool Such As I - Anne Murray



## **SIDE BEHIND, BALL CROSS, STEP, PENDULUMS, FLICK**

1-2                      Step right to side, cross left behind right  
&3-4                    Step right together, cross left over right, step right together  
5&6&                    Touch left toe to side, drop left heel, touch right toe to side, drop right heel  
7&8                    Touch left toe to side, drop left heel, flick right back

## **ROCK RECOVER, TRIPLE TURN ½, CROSS SHUFFLE, ROCK RECOVER**

1-2                    Rock right forward, recover to left  
3&4                    Triple in place ½ right stepping right, left, right  
5&6                    Cross left over right, step right to side, cross left over right  
7-8                    Rock right to side, recover to left

## **FRONT WEAVE, RONDE, BEHIND SIDE, STEP, SCUFF**

1-2                    Cross right over left, step left to side  
3-4                    Cross right behind left, sweep left from front to back  
5-6                    Cross left behind right, step right to side  
7-8                    Step left slightly forward, scuff right

## **STEP LOCK, STEP TOUCH TWICE**

1-2                    Step right forward, lock left behind right  
3-4                    Step right forward, touch left together  
5-6                    Step left forward, lock right behind left  
7-8                    Step left forward, touch right together

## **SOFT SHOE RIGHT SIDE**

1&2                    Step right to side, cross left toe over right, step right to side  
3&4                    Step left to side, cross right toe over left, step left to side  
5&6                    Step right to side, cross left toe over right, step right to side  
&7&8                    Left toe to side, step right together, cross left toe over right, step right together

## **SOFT SHOE LEFT SIDE**

1&2                    Step left to side, cross right toe over left, step left to side  
3&4                    Step right to side, cross left toe over right, step right to side  
5&6                    Step left to side, cross right toe over left, step left to side  
&7&8                    Right toe to side, step left together, cross right toe over left, step left together

## **FIGURE 8, COASTER STEP, STEP TOUCH**

1-2-3                    Step right to side, cross left behind right, turn ¼ right and step right forward  
4-5                    Touch left toe forward, turn ¼ right  
6-7-8                    Step left to side, cross right behind left, turn ¼ left and step left forward  
  
9-10                    Touch right toe forward, turn ¼ left  
11-12                    Step right to side, cross left behind right  
13&14                    Coaster step right, left, right  
15-16                    Step left forward, touch right together

## **REPEAT**

[EMail](#)