

Now You Know

拍数: 64 墙数: 4 级数: Improver
编舞者: Lene Ibsgaard Andersen (DK) - September 2011
音乐: I Mine Øjne - Rasmus Seebach



16 counts music intro. (6 seconds.)

Rocking chair R, step ¼ turn step hold

1,2,3,4 Rock fw on R, recover on L, rock back on R, recover on L
5,6,7,8 step fw on R, turn ¼ left, step fw on R, hold (facing 9:00)

Rocking chair L, mambo turn hold

1,2,3,4 Rock fw on L, recover on R, rock back on L, recover on R
5,6,7,8 Rock fw on L, recover on R, ½ turn L stepping L fw, hold (facing 3:00)

Restart here on wall 4 facing 3:00.

Scissor step, extended wine

1,2,3,4 Step R to R side, close L beside R, cross R over left, Step L to L side,
5,6,7,8 Cross R behind L, Step L to L side, cross R over L, step L to L side and sweep R out and
around from front to R side.

Sailor ¼ turn, hold, lockstep

1,2,3,4 Cross R behind L making ¼ turn R, step L to L side, step fw on R, hold (facing 6:00)
5,6,7,8 Step fw. on L, lock R behind L, step fw. on L, touch R next to L

Rumba box R fw rumba box L

1,2,3,4 Step R to R side, step L next to R, step R fw, hold
5,6,7,8 Step L to L side, step R next to L, step L back, hold

Sweep back x 2, slow coaster, hold

1,2,3,4 Sweep R back, weight on R, sweep L back, weight on L
5,6,7,8 Step back on R, step L next to R, step fw on R, hold

Step, lock, step forward L, step, lock step R fw, hold

1,2,3,4 Step fw on L, lock R behind L, step forward on L, step fw on R
5,6,7,8 Lock L behind R, step fw on R, step fw on L, hold

Ending here on wall 11 facing 12:00

Step ¼ turn step hold, triple fullturn hold

1,2,3,4 Step fw on R, ¼ turn L stepping L to side, step fw on R, hold
5,6,7,8 ½ turn R stepping L back, ½ turn R stepping R fw, step fw on L, hold (facing 3:00)

Begin again

Ending starts on wall 11 (facing 6:00), dance first 56 counts then

Rocking chair, step fw.

1,2,3,4 Rock fw on R, recover on L, rock back on R, recover on L
5 step fw on right