

But 4 Now

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Jef Camps (BEL) & Daisy Simons (BEL) - January 2018
音樂: But 4 Now - Jacked Up



S1: ROCK FWD/RECOVER, COASTER STEP, ROCK FWD/RECOVER, ¼ SIDE, CROSS

1-2 RF rock forward, recover on LF
3&4 RF step back, LF close next to RF, RF step forward
5-6 LF rock forward, recover on RF
7-8 ¼ turn L & LF step side, RF cross over LF (9:00)

S2: SIDE, BEHIND-SIDE-CROSS POINT, HOLD, BALL, TOE SWITCHES, BALL, KICK TWICE

1-2&3-4 LF step side, RF cross behind LF, LF step side, RF touch crossed over LF, hold
&5&6 RF step side on ball, LF touch crossed over RF, LF close next to RF, RF touch crossed over LF
&7-8 RF close next to LF, LF kick fwd, LF kick diagonally L-forward

S3: ROCK BACK/RECOVER, ½ BACK, ¼ SIDE, CROSS ROCK/RECOVER, CHASSE

1-2 LF rock back, recover on RF
3-4 ½ turn R & LF step back, ¼ turn R & RF step side (6:00)
5-6 LF cross over RF, recover on RF
7&8 LF step side, RF close next to LF, LF step side

S4: CROSS, SIDE, SAILOR STEP, CROSS, SIDE, ¼ SAILOR STEP

1-2 RF cross over LF, LF step side
3&4 RF cross behind LF, LF step side, RF step side
5-6 LF cross over RF, RF step side
7&8 ¼ turn L & LF cross behind RF, RF step side, LF step side (3:00)

S5: WALK AROUND, SHUFFLE (COMPLETING ½ CIRCLE TURN), ROCK FWD/RECOVER, SHUFFLE ½ TURN

1-2 1/8 turn L & RF step forward, 1/8 turn L & LF step forward
3&4 1/8 turn L & RF step forward, LF close next to RF, 1/8 turn L & RF step forward (9:00)
5-6 LF rock forward, recover on RF
7&8 ¼ turn L & LF step side, RF close next to LF, ¼ turn L & LF step forward (3:00)

S6: WALK, WALK, ANCHOR STEP, STEP BACK, TOGETHER, TOE SWITCHES

1-2 RF step forward, LF step forward
3&4 RF lock behind LF, LF step in place, RF step back
5-6 LF step back, RF close next to LF
7&8 LF touch side, LF close next to RF, RF touch side

*Restart walls 2 & 4

S7: CROSS, SIDE, BEHIND, POINT, CROSS, ¼ BACK, SHUFFLE ½ TURN

1-2-3-4 RF cross over LF, LF step side, RF cross behind LF, LF touch side (& snap fingers)
5-6 LF cross over RF, ¼ turn L & RF step back
7&8 ¼ turn L-om & LF step side, RF close next to LF, ¼ turn L-om & LF step forward (6:00)

S8: ¼ BIG STEP SIDE, BEHIND, SIDE, HEEL-BALL-CROSS, BACK, SIDE, STEP-LOCK-STEP

1 ¼ turn L & RF big step side (3:00)
2&3&4 LF cross behind RF, RF step side, LF heel diag. L-forward, LF close next to RF, RF cross over LF
5-6 LF step back, RF step side

7&8 LF step forward, RF lock behind LF, LF step forward

Have fun!!

Restart: in wall 2 & 4 change count 48 (RF touch side) in RF touch next to LF and restart the dance

Tag: after wall 5 add following steps before starting the next wall

1-2 RF step forward, ½ turn L (weight on L)

3-4 RF step forward, ½ turn L (weight on L)
