

What Am I Now

拍數: 32 牆數: 2 級數: Improver
編舞者: Alison Johnstone (AUS) & Ivonne Verhagen (NL) - January 2020
音樂: Falling - Harry Styles : (Single - iTunes)



Intro: 16 Count Intro – Starts on Vocal “BED”

Restart: During Wall 5 – Dance to count 20 facing back wall – easy restart to back

[1-8]: NIGHTCLUB LEFT, ¼ ROCK BACK, RECOVER, PIVOT ½ TURN (&5), WALK, WALK (&), ROCK, RECOVER, BACK (&) (3.00)

1 2& Large step Lft to side, Rock back on Rt, Recover on Lft (&)
3 4 ¼ over Lft rock back on Rt, Recover on Lft, (9.00)
&5 Step fwd on Rt (&), Pivot ½ over Lft (3.00)
6&7 Walk fwd Rt, Lft (&), Rock fwd on Rt
8& Recover Lft, Step back on Rt (&)

[9-16]: ½ STEP, TOUCH, BACK, SWAY SHOULDER FWD, BACK (&), FWD, PIVOT ¼ , CROSS, SIDE, BEHIND, SIDE (6.00)

1 2 3 ½ over Lft stepping forward on Lft, Touch Rt beside Lft and bend knees, Step back onto Rt keeping Lft toe on floor

*****NB every time you dance this to the back wall crouch low on count 2 and recover up as you step Rt Back on count 3 (you will hear the word FALLING)*****

4&5 Sway Lft shoulder fwd transferring weight Lft, Sway Rt shoulder back transferring weight back on Rt (&), Sway Lft shoulder fwd transferring weight onto Lft
6& Step fwd on Rt, Pivot ¼ over Lft (&) (6.00)
7&8& Cross Rt over Lft, Step Lft to Side (&), Step Rt behind Lft, Step Lft to side (&)

[17-24]: CROSS ROCK, DIAGONAL BACK, BACK (&), BACK, DIAGONAL FWD, FWD (&), FWD, PIVOT ½ , WALK, WALK (&) (1.30)

1 2&3 Cross rock Rt facing 4.30, Step back Lft, Step Back Rt (&), Step back Lft (4.30)
4&5 ¼ over Rt to 7.30 step fwd Rt, Step fwd Lft (&), Step fwd Rt (7.30)

***** During wall 5 (starts facing front) dance up to count 20 (step 4 of this section) simply straighten count 4 to step forward to 6.00 – Restart facing back *****

6 7 8& Step fwd Lft, Pivot ½ over Right (1.30), Walk fwd Lft, Walk fwd Rt (option to full spin over Rt on 8&)

[25-32]: 1/8 ROCK SIDE, RECOVER, TOGETHER (&), ROCK SIDE, RECOVER, TOGETHER (&), ¼ STEP, CHASE ½ TURN, WALK, WALK (&) (6.00)

1 2& 1/8 turn over Lft rocking Lft to side, Recover Rt, Step Lft together (&) (3.00)
3 4& Rock Rt to side, Recover Lft, Step Rt together (&)

*****NB every time you dance this to the back wall during the side rocks accentuate the sways on the side rocks Counts 1 and 3 of this section (you will hear the word FALLING)*****

5 6&7 ¼ over Lft stepping fwd on Lft, (12.00), Step fwd Rt, Pivot ½ over Lft (&), Step fwd on Rt (6.00)
8& Walk fwd on Lft, Walk fwd Rt (7) (option to full spin over Rt on 8&)

ENDING: Wall 7 starts facing FRONT, dance to count 8& (facing 3 o'clock)

Simply touch ¼ over Lft stepping Lft to side and drag Right

“Thank You June Tilson for highlighting this gorgeous track!”

Enjoy!

