

Then and Now

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Myra Harrold (SCO) - April 2020
音樂: Then and Now - Alex Who?



Intro: 24 Counts

Sect:1- Fwd,Sweep,Rock,Back,Sweep,Back,Sweep,Behind,Side,Rock,Recover, 1/4, 1/2

1,2,3,4 Rf Fwd,Sweep Lf,Rock Lf Over Rf,Recover Rf,Sweep Lf,Lf Step Back,Sweep Rf (12)
5&6&7,8 Rf Behind Lf,Lf To L,Rock Rf Over Lf,Recover On Lf,Pivot 1/4 R,Rf Fwd,Pivot 1/2 R,Lf Back (9)

Sect:2- Rock Back 1/4,Rock Fwd,Rock Back,Fwd,1/2,Back,Back,Sweep,Weave 1/4 Curve

1,2,3,4&5 Rock Rf Back 1/4 R(Look Back)Rock Lf Fwd,Rock Rf Back(Pop L Knee) Lf Fwd,Pivot 1/2 L,Back Rf,Back Lf,Sweep Rf (3)
6&7&8 Rf Behind Lf,Lf To L,Pivot 1/8 R,Cross Rf Over Lf,Pivot 1/8 R,Lf To L,Step Rf Behind Lf (6)

Sect:3- Ball Cross,Hitch,1/4,Walk,Cross Rock,Side Rock,Behind,Sweep,Sailor,Behind,Side

&1,2,3&4& Lf To L,Cross Rf Over Lf,Hitch Lf,Pivot 1/4 R,Walk Lf Over Rf,Cross Rock Rf Over Lf,Recover Lf,Rock Rf To R,Recover Lf (9)
5,6&7,8& Rf Behind Lf,Sweep Lf,Rock Lf Behind Rf, Rf To R,Lf To L,Rf Behind Lf,Lf To L (9)

Sect:4- Rock,Back,Side,Cross,1/2,Fwd,Full Turn,Rock,Side,Sailor,Behind,Side,Cross

1,2&3&4 Cross Rock Rf Over Lf,Recover Lf,Rf To R,Cross Lf Over Rf,Pivot 1/2 R,Rf Fwd,Lf Fwd (3)
&5&6 Pivot 1/2 L,Rf Back,Pivot 1/2 L,Lf Fwd,Rock Rf To R,Hitch Lf And Step Large Step L (3)
7& A,8&A Rf Behind Lf,Lf To L,Rf To R,Lf Behind Rf,Rf To R,Lf Cross Over Rf (3)

Sect:5- 2 Syncopated Monteray's,Fwd,1/2,Cross Rock,Side,Cross Rock, Side

1&2&3&4& Point R Toe To R,Pivot 1/2 R,Close Rf To Lf,Point Lf To L,Close Lf To Rf,Point R Toe To R,Pivot 1/4 R,Close Rf To Lf,Point L Toe To L,Close Lf To Rf (12) (Restarts)
5,6,7& A,8&A Rf Fwd,Pivot 1/2 L,Lf Fwd,Rock Rf Over Lf,Recover Lf,Rf To R,Rock Lf Over Rf,Recover Rf,Lf To L (6)

Sect:6- Fwd,Sweep,Weave R,Sweep,Weave L,1/4,1/2,Feet Out,Back,Touch

1,2&3,4&5 Rf Fwd,Sweep Lf 1/4 R Over Rf,Rf To R,Lf Behind,Sweep Rf Behind Lf,Lf To L,Rf Over Lf (9)
&6&7&8 Pivot 1/4 R,Lf Back,Pivot 1/2 R,Rf Fwd,Lf To L,Rf To R,Lf Step Back,R Toe Touch Over Lf(6)

Restarts Wall 1 & 3 = Dance To Sect:5,Count 4& = Wall 1 Restarts At 12 ,Wall 3 Restarts At 6

To Finish At Front Wall = Rf Fwd,Sweep Lf, 1/2 Pivot R