

# For Now

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Intermediate Rolling Count  
編舞者: Travis Taylor (AUS) - June 2020  
音樂: For Now - P!nk : (Album: Beautiful Trauma)



**INTRO: Start Dance On The Word 'Ain't' – 18 seconds in**  
**SEQUENCE: A,A,B, A,A, B,B, A,B, B,B**

## PART A:

**A1: STEP/SWEEP, STEP/SWEEP, STEP/SWEEP, CROSS, SIDE, BEHIND, 1/4 R FWD, 1/4 L BACK, 1/4 R FWD, SIDE DRAG (GLIDES)**

1-2            Step R fwd sweeping L around, Step L fwd sweeping R around  
3              Step R fwd sweeping L around  
4&a          Cross L over R, Step R to R side, Step L behind R  
5-6          1/4 R Step R fwd dragging L, 1/4 R Step L back dragging L  
7-8          1/4 R Step R fwd dragging L, Step L to L side dragging R

**NOTE: Think of Counts 5-8 as Glides**

**A2: SAILOR STEP, BEHIND/SWEEP, SAILOR STEP, BEHIND SIDE CROSS, SIDE SWAY R, SWAY L, SWAY R, ROLL 1 & 1/4 L**

1&a          Step R behind L, Rock L to L side, Replace weight on R  
2              Step L behind R sweeping R around  
3&a          Step R behind L, Rock L to L side, Replace weight on R  
4&a          Step L behind R, Step R to R side, Cross L over R  
5-6-7        Step R to R side swaying hips R, sway hips L, sway hips R  
8&a          1/4 L Step L fwd, 1/2 L Step R back, 1/2 L Step L fwd (12:00)

**(Make Count 8 a sharp turn, you will hear this in the music on various walls)**

## PART B:

**B1: 1/2 L SWEEP, BEHIND, SIDE, CROSS/SWEEP, CROSS SIDE BEHIND, SIDE/PREP, 1/4 R, 1/2 R, 1/2 R/SWEEP, CROSS SIDE/ROCK, REPLACE**

1              1/2 L Step R back sweeping L around (6:00)  
2a3          Step L behind R, Step R to R side, Cross L over R  
4&a          Cross R over L, Step L to L side, Step R behind L  
5              Step L to L side prepping body L with R toes pointed to R side  
6a7          1/4 R Step R fwd, 1/2 Step L together, 1/2 R Step R fwd sweeping L around  
8&a          Cross L over R, Rock R to R side, Replace weight on L

**B2: CROSS, SIDE, BACK, BACK, SIDE, FWD, FWD/STOP, BACK DRAG, BACK DRAG, BACK BACK BACK, 1/4 SIDE, SQUARE UP DRAG**

1&a          Cross R over L, 1/8 R Step L back, Step R slightly back  
2&a          Step L back, 1/4 R Step R fwd, Step L slightly fwd  
3-4          Rock R fwd leaning whole body fwd, Push weight back onto L dragging L

**NOTE: Music will say Stop, so treat count 3 as a stop motion**

5              Step R back dragging L  
6&a          Run back stepping L, R, L  
7              1/4 Big Step R to R side leaving L pointed to L side (Body prep to the R)  
8              Step L fwd facing the 12:00 dragging R slightly together

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