

# Here and Now

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Kim Liebsch (DK) - August 2023  
音樂: Now or Never - Anastacia



Intro: 16 counts after 1<sup>st</sup> beat (appr. 9 seconds) Start with weight on L foot

#4 tags: After wall 1-(\*3:00) 3-(\*\*9:00) On wall 5 after 44 counts(\*\*12:00) After wall 6(\*\*\*3:00)-See Description

Ending: On wall 7 after 4 counts, step ¼ turn L to face 12:00

## #1 section Walk walk, kick ball step, rock recover, shuffle back

1-2            Walk fw. R, walk fw. L 12:00  
3&4           Kick R fw. ball step R next to L, step fw. on L 12:00  
5-6           Rock fw. on R, recover on L 12:00  
7&8           Step back on R, step L beside R, step back on R 12:00

## #2 section 2 X slow sway, side rock, cross shuffle

1-2            Sway L over 2 counts 12:00  
3-4            Sway R over 2 counts 12:00  
5-6            Rock L to L side, recover on R 12:00  
7&8            Cross L over R, step R to R side, cross L over R 12:00

## #3 section Side rock, cross shuffle, side rock, back rock

1-2            Rock R to R side, recover on L 12:00  
3&4            Cross R over L, step L to L side, cross R over L 12:00  
5-6            Rock L to L side, recover on R 12:00  
7-8            Rock back on L, recover on R 12:00

## #4 section Step ¼ turn, cross hold, ball cross behind ¼ turn, side touch

1-2            Step fw. on L, make ¼ turn R stepping R to R side 3:00  
3-4            Cross L over R, hold 3:00  
&5-6          Ball step R to R side, cross L behind R, make ¼ turn R stepping fw. on R 6:00  
7-8            Step L to L side, touch R next to L 6:00

## #5 section Kick kick, ball tap tap, ball tap tap, ball kick kick

1-2            Cross kick R over L twice 6:00  
&3-4          Ball step R to R side, tap L twice next to R 6:00  
&5-6          Ball step L to L side, tap R next to L twice 6:00  
&7-8          Ball step R to R side, cross kick L over R twice 6:00

## #6 section Side rock, sailor ½ turn, cross side, sailor step

1-2            Rock L to L side, recover on R 6:00  
3&4            Sweep/cross L behind R, ½ turn L, step R to R side, step L to L side (\*\*12:00) 12:00  
5-6            Cross R over L, step L to L side 12:00  
7&8            Cross R behind L, step L to L side, step R to R side 12:00

## #7 section Cross side, sailor step, jazzbox ¼ turn

1-2            Cross L over R, step R to R side, 12:00  
3&4            Cross L behind R, step R to R side, step L to L side 12:00  
5-6            Cross R over L, make ¼ turn R stepping back on L 3:00  
7-8            Step R to R side, small step fw. on L 3:00

**#8 section Jazzbox, side point hold ball, side point hold ball**

- 1-2 Cross R over L, small step back on L 3:00  
3-4 Step R to R side, step L to L side 3:00  
5-6& Point R to R side, hold, ball step R next to L 3:00  
7-8& Point L to L side, hold, ball step L next to R (\*3:00) (9:00) (\*\*\*\*3:00) 3:00

**Tag Fw. point hold ball, fw. point hold ball**

- 1-2& Point R fw. hold, ball step R next to L  
3-4& Point L fw. hold, ball step L next to R

**GOOD LUCK & N'JOY!**

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