

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 1st 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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