

Dance Now

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Lana Wilson (USA) - August 2023
音樂: Now I Can Dance - Tina Arena
或: Texas Bound and Flyin' - Jerry Reed



32 count intro

ROCK FWD, RECOVER, TRIPLE, ROCK FWD, TRIPLE 1/4 TURN

1-2 Rock R forward, recover on L
3&4 Triple in place RLR
5-6 Rock L forward, recover on R
7&8 Triple in place LRL turning 1/4 left {9:00}

STEP, HOLD, 1/2 PIVOT, 1/4 PIVOT, SHUFFLE FWD

9-10 Step forward on R, hold
11-12 Step L forward, pivot 1/2 right weight ending on R (3:00)
13-14 Step L forward, pivot 1/4 right weight ending on R (6:00)
15&16 Shuffle forward LRL

FWD ROCK, SIDE ROCK, BACK ROCK, 1/4 PIVOT

17-18 Rock forward, recover on L
19-20 Rock right, recover on L
21&22 Rock back right, recover on L
23-24 Step R forward, pivot 1/4 left weight ending on L

FWD, KICK-BALL-CHANGE, FWD, KICK-BALL-CHANGE, WALK, WALK

25 Step R forward
26&27 Kick L forward, step ball of R beside L, step R beside L
28 Step L forward
29&30 Kick R forward, step ball of L beside R, step L beside R
31-32 Walk forward R, L

Repeat
