

Now Is the Time

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Frédérique Sorolla (FR) - August 2024
音樂: Now Is the Time - The Good News Collective



Introduction: Start with the lyrics

I [8] TRIPLE SIDE TO RIGHT, 2 HEEL TAPS FWD – TRIPLE SIDE TO LEFT, 2 TOE TAPS BACK

1&2 R Step to right, Together (L Step next to R Foot), R Step to right
3,4 Tap L Heel forward twice
5&6 L Step to left, Together (R Step next to L Foot), L Step to left
7,8 Tap R Toe backward twice

HERE at 12h - RESTART at the 9th wall

II [9à16] 1/4T TO RIGHT, TRIPLE FWD, HEEL FWD, TOE BACK (RLR & L Heel & Toe / LRL & R Heel & Toe)

1&2 1/4T to right R Step forward, Together, R Step forward 3H
3,4 L Heel forward, L Toe backward
5&6 L Step forward, Together, L Step forward
7,8 R Heel forward, R Toe backward

III [17à24] JAZZ TRIANGLE X2

1,2 R Step across, L Step backward
3,4 R Step to right, Together
5,6 Remake 1,2
7,8 Remake 3,4 (ending weight on L Foot)

IV [25à32] VINE 1/4T TO RIGHT, L STOMP – HEEL SWITCHES R & L & R walking back, 2 CLAPS

1,2,3 R Step to right, L Cross back, 1/4T to right
4 L Stomp next R Foot (weight on L Foot)
5& R Heel forward, R Step back (with little jump)
6& L Heel forward, L Step back (with little jump)
7 R Heel forward
&8 2 Claps in your hands 3H

Have fun !

Contact : Frederique.sorolla@yahoo.fr

Last Update - 2 Dec. 2024 - R2