

This is My Now

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Lu Olsen (AUS) - November 2024
音樂: This Is My Now - Jordin Sparks : (iTunes)



#8 count Intro – start dance 2 counts before vocals

[1-8] Cross, Side, Behind/sweep, Behind, ¼ fwd, Fwd, Lift ¼, Fwd, Recover, ½ fwd, Fwd, Fwd, 1/2 pivot

1 & 2 Cross R over L, Step L to Left, Step R behind L/sweep L 12.00
3 & 4 Step L behind R, ¼ Right turn & step R fwd, Step L fwd 3.00
& 5, Lift R into ¼ Left turn, Step R fwd 12.00
6 & 7 Recover onto L, 1/2 Right turn & step R fwd, Step L fwd 6.00
8 & Step R fwd, ½ Left pivot turn & step L in place 12.00

[9-16] Fwd/full L turn/hook, 1/8th Fwd, Lock, Fwd, Cross, Side, Back/sweep, Back/sweep, Back, 3/8 fwd, Fwd, ¼ side

1, Step R fwd into full Left turn/hooking L over R, (option: Step R fwd/ Drag L) 12.00
2 & 3 L Lock fwd: 1/8th Left turn & step L fwd, Lock R behind L, Step L fwd, 10.30
4 & 5 # Cross R over L, Step L to left, Big step R back/sweep L, # 10.30
6, Step big L back/sweep R 10.30
7 & Step R back, 3/8th left turn & step L fwd 6.00
8 & Step R fwd, 1/4 left turn (3.00) & step L to Left 3.00

[17-24] Cross, Recover, ¼ fwd, Fwd/3/4 spin/hitch, Side, Tog, Side, Behind, ¼ fwd, Fwd Coaster, Tog

1, 2 & Cross R over L, Recover onto L, ¼ Right turn & step R fwd 6.00
3, Step L fwd into ¾ Right spin turn/hitch R, 3.00
4 & 5 Step R to right, Step L beside R, Step R to right, 3.00
6 & Step L behind R, ¼ right turn & step R fwd, 6.00
7 * & 8 & Step L fwd *, Step R tog, Step L back, Step R tog 6.00

[25 – 32] Fwd/drag, Back, ½ fwd, ¼ Side/sweep, Behind, ¼ Side, Side, Side/1/2 hinge, Fwd, 1/2 back/hook, ½ fwd/sweep

1, 2 & Step L fwd/drag R behind L, Step R back, ½ Left turn & step L fwd 12.00
3, ¼ Left turn & step R to Right/sweep L, 9.00
4 & 5 (L sailor ¼ turn) Step L behind R, ¼ Right turn & step to right, Step L to Left 12.00 6 & Rock R to Right into ½ L hinge, Step L slightly fwd 6.00
7, 8, ½ Left turn & step R back/hook L over R, ½ Left turn & step L fwd/sweep R over L 6.00
(Non turning option for 7, 8, (Sassy) Step R fwd over L, Step L fwd over R)

SHORT WALL

* WALL 1 Dance to count 24 (change count 24 to(7) *Step L fwd, (8)Slow Drag/Touch R beside L) –Restart Wall 2 to 6.00

TAG: at end of Wall 3 – TAG 4 counts (Tag danced to 6.00)

1, 2 & Cross R over L, Recover onto L, Step R to Right
3, 4 & Cross L over R, Recover onto R, Step L to Left

Last Wall (9) 12.00 dance to count 13# (change count 13# to Step R back/drag L to finish to 10.30)