

Now and Later

拍數: 64 牆數: 2 級數: Advanced
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音樂: Now and Later - Sage the Gemini



Intro: 16 Counts, Start at approx 11 secs

Sequence: A, B, B, A, B, B, A, B, A, B

Part A

SEC 1 Side, Touch, Side, Weave, Side Rock, ¼ Leg Swings

1&2 Step right to right, touch left beside right, step left to left
3&4 Step right behind left, step left to left, cross right over left
5-6 Rock left to left pushing shoulders left, recover weight on to right pushing shoulders right
7& Step left beside right lifting right to right, step right beside left lifting left to left
8 Turn ¼ left step left beside right flicking right back (9:00)

SEC 2 ½ Tik Tok, Side, Hold, ¼ Step, Hold, ½ Back, Coaster Step

1&2 Step right forward, turn ¼ left twist left heel to right, turn ¼ left twist right heel to right (3:00)
3-4 Step left to left, hold
5-6 Turn ¼ right step right forward, hold (6:00)
7 Turn ½ right step left back (12:00)
8&1 Step right back, step left beside right, step right forward

SEC 3 Step, Hold, V-Step, Hold, Walk, Walk

2-3 Step left forward, hold
4& Step right forward to right diagonal, step left to left
5& Step right back, step left beside right
6 Hold
7-8 Step right forward, step left forward

SEC 4 Kick, Step, Heel Bounce, Hitch, Step, Heel Bounce, Back Together, Bounce Heels

1-2 Kick right forward leaning back, step right forward

Arms

1-2 Take both arms to sides at shoulder height, bend both elbows at 90 degrees keeping hands at shoulder height
&3 Lift right heel, drop right heel transferring weight on to right
4-5 Hitch left leaning back, step left forward

Arms

4-5 Keeping elbows at shoulder height lift hands to head height, return hands to shoulder height
&6 Lift left heel, drop left heel keeping weight on right
&7&8 Step left back, step right beside left, lift both heels, drop both heels

Part B

SEC 1 ¼ Heel Grind, Ball Step, ½ Pivot, 1¾ Volta Turn, Side

1-2 Touch right heel forward, turn ¼ right grinding heel step left back (3:00)
&3-4 Step right beside left, step left forward, pivot ½ right transferring weight onto right (9:00)
5& Turn ½ left cross left over right, turn ¼ left step right beside left (12:00)
6& Turn ¼ left cross left over right, turn ¼ left step right beside left (6:00)
7-8 Turn ¼ left cross left over right, turn ¼ left step right to right (12:00)

SEC 2 Sailor Step, Syncopated Weave, Side Rock Cross, ½ Ball Lock, ⅝ Unwind

1&2 Step left behind right, step right to right, step left to left
&3-4 Step right behind left, step left to left, cross right over left

5&6 Rock left to left, recover weight on to right, cross left over right
&7-8 Turn $\frac{1}{8}$ right step right forward, lock left behind right, unwind $\frac{5}{8}$ left transferring weight onto left (6:00)

SEC 3 Walk, Walk, Mambo Step, $\frac{1}{4}$ Coaster Cross Shuffle, $\frac{1}{4}$ Ball Step

1-2 Step right forward, step left forward
3&4 Rock right forward, recover weight on to left, step right back
5&6 Step left back, step right beside left, turn $\frac{1}{4}$ left cross left over right (3:00)
&7&8 Step right beside left, cross left over right, step right beside left, turn $\frac{1}{4}$ right step left forward (6:00)

SEC 4 Kick, Together, Side Rock, Kick, Together, Side Rock, Rock, Back Together, Bounce Heels

1&2& Kick right forward, step right beside left, rock left to left, recover weight on to right
3&4& Kick left forward, step left beside right, rock right to right, recover weight on to left
5-6 Rock right forward, recover weight on to left
&7&8 Step right back, step left beside right, lift both heels, drop both heels
