

Now And Then (P)

拍數: 32 牆數: 0 級數: Partner
編舞者: DJ Dan (NL) & Wynette Miller (NL)
音樂: You Can't Do Me This Way - Mark Chesnutt



Position: Double open hand hold. Man facing OLOD Lady ILOD. opposite footwork unless stated

CHASSE LEFT, CHASSE RIGHT; ROCK STEP BACK, CHASSE LEFT ¼ TURN LEFT

Steps man, lady opposite

1&2 Step left to left side, step right next to left, step left to left side
3&4 Step right to right side, step left next to right, step right to right side
5-6 Rock left back, recover weight onto right

Man left hand let go lady right hand during the chasse into right open promenade

7&8 Step left to left side, step right next to left, step left ¼ turn left, LOD

MAN: SHUFFLE FORWARD, ROCK STEP FORWARD; CHASSE LEFT, ROCK STEP BACK, LADY: SHUFFLE FORWARD, STEP, ½ PIVOT LEFT; CHASSE RIGHT, ROCK STEP BACK

9&10 MAN: Shuffle slightly forward stepping right, left, right

LADY: Shuffle forward stepping left, right, left

11-12 MAN: Rock left forward, recover weight onto right

LADY: Step right forward, pivot ½ turn left, RLOD

Lady facing RLOD, rejoin man left hand, lady right hand, double open hand hold

13&14 MAN: Step left to left side, step right next to left, step left to left side

LADY: Step right to right side, step left next to right, step right to right side

15-16 MAN: Rock right back, recover weight onto left

LADY: Rock left back, recover weight onto right

MAN: CHASSE RIGHT, ROCK STEP BACK; SHUFFLE FORWARD TWICE, LADY: CHASSE LEFT, ROCK STEP FORWARD, SHUFFLE ½ TURN RIGHT, SHUFFLE FORWARD

17&18 MAN: Step right to right side, step left next to right, step right to right side,

LADY: Step left to left side, step right next to left, step left to left side

19-20 MAN: Rock left back, recover weight onto right

LADY: Rock right forward, recover weight onto left

Man left hand let go lady right hand

21&22 MAN: Shuffle forward stepping left, right, left

LADY: Shuffle ½ turn right stepping right, left, right LOD right open promenade

23&24 MAN: Shuffle forward stepping right, left, right

LADY: Shuffle forward stepping left, right, left

CROSSED TOE STRUTS TWICE; TOE TOUCH, SLOW ¼ TURN RIGHT (3 COUNTS)

Steps man, lady opposite

25-26 Cross on left toe over right, drop left heel and click left fingers in front

27-28 Cross on right toe over left, drop right heel and click right fingers in front

29-32 Touch left toe in front of right and point left finger forward, turn slowly ¼ turn right

Rejoin man left hand, lady right hand, start position again

REPEAT