

Now And Then

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Karen Breayley
音樂: Lonesome Wins Again - Stacy Dean Campbell



RIGHT FORWARD 45, TOUCH LEFT, ROCK BACK 45, FORWARD, TOUCH

1-2 Step forward 45 on right, touch left beside right
&3-4 Step back on left, step forward on right, touch left beside right

LEFT FORWARD 45, TOUCH RIGHT, ROCK BACK 45, FORWARD, TOUCH

1-2 Step forward 45 on left, touch right beside left
&3-4 Step back on right, step forward on left, touch right beside left
1-8 Repeat last 8 counts

HEEL, TOE, HEEL, TOE

1-2 Right heel out, right toe out
3-4 Left heel in, left toe in
5-8 Repeat last 4 counts

RIGHT KICK BALL CHANGE TWICE

1&2 Kick right forward, step right beside left, step left in place
3&4 Kick right forward, step left beside right, step left in place

VINE RIGHT, VINE LEFT

1-4 Step right to right side, step left behind right, step right, touch left
5-8 Step left to left side, step right behind left, step left, touch right

ROCK, ROCK, SHUFFLE BACK, ROCK, ROCK, SHUFFLE FORWARD

1-2-3&4 Right rock forward, left rock back, shuffle back right left right
5-6-7&8 Left rock back, right rock forward, shuffle forward left right left

MONTEREY TURN

1-4 Point right to right side, turn ½ turn right on left foot, step right together, point left to left side, step left beside right

STEP, STEP, ¼ turn RIGHT, STEP, SCUFF

1-2 Step right in place, step left beside right
&3-4 Turn ¼ right step in place, left step in place, scuff right

SHUFFLE RIGHT, SHUFFLE LEFT

1&2 Shuffle right left right
3&4 Shuffle left right left

FORWARD OUT, OUT BACK, CLOSE, TWICE

1-2 Step forward right 45, step forward left 45
3-4 Step back right 45, step back left 45
5-8 Repeat last 4 counts

REPEAT