

# Now I Know

拍數: 48      牆數: 2      級數: Intermediate  
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音樂: I Could Have Loved You - Lighthouse Family



## SYNCOPATED TWINKLES TWICE, SYNCOPATED $\frac{3}{4}$ TURN, STEP, STEP

1&2      Cross right over left, small step diagonally back on left, step right by left  
3&4      Cross left over right, small step diagonally back on right, step left by right  
5&6      Cross right over left, step left to left making  $\frac{3}{4}$  turn right, step forward on right (facing 9:00)  
7-8      Step left to left, step right by left

## RIGHT & LEFT HEEL JACKS, TWIST $\frac{1}{2}$ TURN, STEP $\frac{1}{2}$ PIVOT

&1      Step diagonally back on left, extend right heel  
&2      Step right by left, cross left over right  
&3      Step diagonally back on right, extend left heel  
&4      Step left by right, cross right over left  
5&6      Making  $\frac{1}{2}$  turn left while twisting heels right, left, right (facing 3:00)  
7-8      Step forward on right,  $\frac{1}{2}$  pivot left (facing 9:00)

## FULL TURN, STEP LOCK, CROSS, BACK, SIDE, CROSS

1-2      Make  $\frac{1}{2}$  pivot left on ball of left foot while stepping back on right, make  $\frac{1}{2}$  pivot right on ball of right foot while stepping forward on left (facing 9:00)

### Alternative: walk forward right, left

3&4      Step forward on right, lock left behind right, step forward on right  
5-6      Cross left over right, step back on right  
7-8      Step left to left, cross right over left

## ROCK/ RECOVER WITH HIP BUMPS, ROCK $\frac{1}{4}$ TURN, RECOVER WITH HIP BUMPS

1&2      Step left to left bumping hips left right left (weight on left)  
3&4      Bump hips right, left, right (weight on right)  
5&6      Making  $\frac{1}{4}$  turn left step left to left bumping hips left right left (weight on left facing 6:00)  
7&8      Bump hips right, left, right (weight on right)

## 1 $\frac{1}{4}$ TURN, CROSS, STEP, STEP, BACK LOCK, STEPS, STEP, $\frac{1}{2}$ TURN

&1      Step on to left making  $\frac{1}{4}$  turn left on ball of left, make  $\frac{1}{2}$  turn left stepping back on right (facing 9:00)  
2      On ball of right make  $\frac{1}{2}$  turn left stepping forward on left (facing 3:00)

### Alternative: make $\frac{1}{4}$ turn left walk forward right, left

3-4      Cross right over left, step left to left  
5&      Step back on right, lock left over right  
6&      Step back on right, lock left over right  
7-8      Step back on right, make  $\frac{1}{2}$  pivot left stepping forward on left (facing 9:00)

## $\frac{1}{4}$ TURN WITH HIP BUMPS, RECOVER WITH HIP BUMPS, $\frac{1}{2}$ TURN HOLD, $\frac{1}{2}$ HINGE TURN, HOLD

1&2      Make  $\frac{1}{4}$  turn left stepping right to right bumping hips right left right (weight on right facing 6:00)  
3&4      Bump hips left, right, left (weight on left)  
5-6      Make  $\frac{1}{2}$  hinge turn right on ball of left foot step right to right, hold (facing 12:00)  
7-8      Making  $\frac{1}{2}$  hinge turn right on ball of right foot step left to left, hold (facing 6:00)

## REPEAT

