

# Now Is The Time

拍數: 40      牆數: 4      級數: Intermediate  
編舞者: Tina Lincoln (UK)  
音樂: No Time for Tears - Jo Dee Messina



- 1-2            Right foot rock forward, rock back onto left foot  
&            Bring right foot back beside left and put weight on to right  
3-4            Left foot rock forward, rock back onto right foot  
5&6           Left shuffle making  $\frac{1}{2}$  turn to left  
7-8            Right foot rock forward, rock back onto left  
&            Bring right foot back beside left and put weight on right
- 9-10           Left foot rock forward, rock back onto right foot  
11&12        Left shuffle making  $\frac{1}{2}$  turn to left  
13-14        Step right foot to right side, cross left foot behind right  
&15-16       Step right foot to right and cross step left over right, step right foot to right
- 17&18        Left step behind right, step on right, step on left foot (left sailor step)  
19&20        Right foot step behind left, step down on right, step down on left (right sailor step)  
21-22        Left foot step to the left side, cross right foot behind left  
&23-24       Step left foot to left and cross step right over left, step left foot to left
- 25&26        Right foot step behind left, step on right, step on left (right sailor step)  
27&28        Left foot step behind right foot, step on right making  $\frac{1}{4}$  turn left, step on right (left sailor  $\frac{1}{4}$  turn)
- 29&30        Right shuffle forward  
31-32        Step left foot forward, pivot  $\frac{1}{2}$  turn to the right
- 33&34        Left shuffle forward  
35-36        Step right foot forward, pivot  $\frac{1}{2}$  turn to the left  
37&           Touch right foot out to right side and bring back in place beside left  
38&           Touch left foot out to left side and bring back in place beside right  
39&           Touch right toe back and bring back in place beside left  
40&           Touch left heel forward and bring back in place beside right

**REPEAT**

---