

Now Is The Time

COPPER KNOB
BY STEPHEN BATES

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Scottish Jan (UK)
音樂: Now Is The Time - Jimmy James



LUNGE RECOVER, BEHIND SIDE CROSS, SIDE ROCK RECOVER, CROSS & CROSS SHUFFLE

- 1-2 Lunge right foot large step to right side, recover weight to left foot in place
3&4 Cross step right foot behind left foot, step left foot to the side, cross step right foot over left foot
5-6 Rock left foot to left side, recover weight to right foot in place
7&8 Cross step left foot over right foot, step right foot to the side, cross step left foot over right foot

SIDE BEHIND, CHASSE ¼ TURN RIGHT, ½ PIVOT TURN RIGHT, SHUFFLE FORWARD

- 9-10 Step right foot to the side, cross step left foot behind right foot
11&12 Chasse right making ¼ turn to the right
13-14 Step left foot forward, pivot ½ turn right
15&16 Shuffle forward stepping left, right, left

FULL TURN LEFT, SHUFFLE FORWARD, ROCK RECOVER, COASTER CROSS

- 17-18 Make ½ turn left stepping right foot back, make further ½ turn left stepping left foot forward
Option: 2 walks forward with no turns right, left
19&20 Shuffle forward stepping right left right
21-22 Rock forward on left foot, recover weight back on to right foot in place
23&24 Step left foot back, close right foot next to left foot, cross step left foot over right foot

SIDE ROCK, BEHIND & CROSS, SIDE ROCK BEHIND & CROSS

- 25-26 Rock right foot to the side, recover weight on to left foot in place
27&28 Cross step right foot behind left foot, step left foot to the side, cross step right foot over left foot
29-30 Rock left foot to the side, recover weight on to right foot in place
31&32 Cross step left foot behind right foot, step right foot to the side, cross step left foot over right foot

TOE TOUCHES, SAILOR ¼ TURN RIGHT, TOE TOUCHES, COASTER STEP

- 33-34 Touch right toe forward, touch right toe to the right side
35&36 Cross step right foot behind left foot, make ¼ turn right stepping left foot to the side, step right foot to the side
37-38 Touch left toe forward, touch left toe to the left side
39&40 Step left foot back, close right foot next to left foot, step left foot forward

KICK KICK, TOUCH DIP ½ TURN RIGHT, ½ PIVOT TURN, SHUFFLE FORWARD

- 41-42 Kick right foot forward twice
43&44 Touch right toe back, dip both knees down, pivot ½ turn right on right foot straightening up
45-46 Step left foot forward, pivot ½ turn right transferring weight to right foot
47&48 Shuffle forward left right left

FORWARD ROCK, ½ TURN RIGHT TRIPLE STEP, FORWARD ROCK, COASTER STEP

- 49-50 Rock forward on right foot, recover weight back on to left foot in place
51&52 Make ½ turn right stepping right, left, right
53-54 Rock forward on left foot, recover weight back on to right foot in place
55&56 Step left foot back, close right foot next to left foot, step left foot forward

FORWARD ROCK, ¾ TURN RIGHT TRIPLE STEP, FORWARD ROCK, COASTER CROSS

57-58 Rock forward on right foot, recover weight back on to left foot in place

59&60 Make ¾ turn right stepping right, left, right

61-62 Rock forward on left foot, recover weight back on to right foot in place

63&64 Step left foot back, close right foot next to left foot, cross step left foot over right foot

REPEAT
