

# Then & Now

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Violet Ray (USA)  
音樂: I Can Laugh At It Now - Dion



## **KICK BALL CROSS (2X), ROCK FORWARD & BACK, ¼ RIGHT SIDE SHUFFLE**

- 1&2      Kick right foot forward, bring weight back to ball of right foot, cross left foot over right foot  
3&4      Kick right foot forward, bring weight back to ball of right foot, cross left foot over right foot  
5-6      Rock forward on right foot, recover weight on left foot  
7&8      Make ¼ turn to right, stepping on right foot, step left foot next to right foot, step right foot to the side of left foot

## **ROCK FORWARD & BACK, ½ LEFT TURNING TRIPLE, ROCK FORWARD, FLICK, SAILOR SHUFFLE**

- 1-2      Rock forward on left foot, recover weight on right foot  
3&4      Make ¼ turn to left, stepping on left foot, step right foot next to left foot, make ¼ turn to left, stepping on left foot  
5-6      Rock forward on right foot, recover weight on left foot and at the same time flick (small kick) right foot forward  
7&8      Cross right foot behind left foot, step left foot to the side of right foot, recover weight on right foot

## **¼ LEFT SAILOR SHUFFLE, CROSS & CROSS, ¼ RIGHT COASTER STEP, ¼ RIGHT STEP & POINT**

- 1&2      Turning ¼ to left, cross left foot behind right foot, step right foot to the side of left foot, recover weight on left foot  
3&4      Cross right foot over left foot, step left foot to side of right foot cross right foot over left foot  
5&6      Make ¼ turn to right, stepping back on left foot, step right foot beside left foot, step left foot forward  
7-8      Make ¼ turn to right, stepping on right foot, point left foot to side of right foot

## **CROSS & POINT (2X), STEP POINT, CROSS BEHIND, ½ TURNING TRIPLE**

- 1-2      Cross left foot over right foot, point right foot to side of left foot  
3-4      Cross right foot over left foot, point left foot to side of right foot  
&5      Step left foot beside right foot, point right foot to side of left foot  
6      Cross right foot behind left foot  
7&8      Make ¼ turn to left stepping on left foot, step right foot next to left foot, make ¼ turn to left stepping on left foot

**REPEAT**

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