

# I See It Now

拍數: 60      牆數: 2  
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音樂: I See It Now - Tracy Lawrence

級數: Intermediate/Advanced waltz



## STRIDE, STEP, STEP, STRIDE, ¼ TURN, STEP

- 1-3      Left stride forward, step right forward, step left forward  
4-6      Right stride forward, step left forward into ¼ turn right, step right slightly back

## CROSS, ¼, ¼, CROSS, ¾ TRIPLE STEP TURN

- 7-9      Cross left over right, step right back into ¼ turn left, step left back into ¼ turn left  
10-11      Cross right over left, step left back into ¼ turn right  
&12      Step right into ¼ turn right, step left slightly forward into ¼ right

## LUNGE, PUSH, ¼ TURN STEP, STRIDE FORWARD DIAGONAL, STEP TOGETHER

**Definition of lunge: ball lead stride forward, with right knee bent: head, shoulders, knee, toe in line, back leg straight, heel off floor**

- 13-14      Right stride forward lunge, step left back (pushing off right, NOT a rock step)  
15      Step right into ¼ right  
16-18      Step left forward to right diagonal, step right slightly forward, step left beside right (turning body to left diagonal, this is NOT a cross over step. It travels!)

## STRIDE FORWARD DIAGONAL, STEP, TOGETHER, STRIDE FORWARD, ½ TURN

- 19-21      Right stride forward to left diagonal, step left slightly forward, step right in place (turning body to right diagonal)  
22-24      Left stride forward, brush right foot into ½ turn left, step right forward

## STRIDE, STEP, STEP, STRIDE, STEP, STEP (REPEAT)

- 25-27      Left stride forward, step right forward, step left forward  
28-30      Repeat counts (25-27) on opposite feet

## LUNGE FORWARD, RETURN, ½ TURN, ½ TURN, ½ TURN, ½ TURN

- 31-33      Left stride lunge forward, step right back, step left back into ½ turn left  
34-35      Step right forward into ½ turn left, step left back into ½ turn left  
36      Step right forward into ½ turn left

## STRIDE BACK, DRAG BACK, STRIDE, STEP, STEP

- 37-39      Left stride back, drag right back to left over (2) counts  
40-42      Right stride forward, step left forward, step right forward

## STRIDE SIDE LEFT, DRAG LEFT, 1 ¼ TURN RIGHT

- 43-45      Left stride to left side, drag right to left over (2) counts  
46-48      Step right into ¼ turn right, making a full spin right step: left, right

## STRIDE, ½ TURN, STEP, STRIDE BACK, STEP, TOGETHER

- 49-51      Stride left forward, make ½ turn left stepping back right, step left back  
52-54      Stride right back, step left back passing right, step right beside left

## STRIDE, ½ TURN, STEP, STRIDE BACK, STEP, TOGETHER

- 55-60      Repeat counts (49-54)

## REPEAT

