

# Here Now!

拍數: 48                      牆數: 4                      級數: Intermediate  
編舞者: Cindy Truelove (AUS)  
音樂: Welcome To the Here and Now - Graeme Connors



## MONTEREY TURN

1-2                      Right toe point to side, turn ½ right and step right beside left  
3-4                      Left toe point to side, left step beside right (weight on left)  
5-8                      Repeat counts 1-4 to face front again

## RIGHT SIDE SHUFFLES, ½ TURN, LEFT SIDE SHUFFLE, ½ TURN, RIGHT SIDE SHUFFLE, LEFT STEP INTO ¼ TURN RIGHT, ½ PIVOT TURN RIGHT

9&10                      Right step side, left slide to right, right step side (12:00)  
11&12                      Turn ½ right to back wall (6:00) left step to side, right slide to left, left step to side  
13&14                      Turn ½ left to face front wall (12:00) right step side, left slide to right, right step side  
15-16                      Left step forward into ¼ turn right (3:00), pivot turn ½ right (facing 9:00)

## LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD, ¼ TURN RIGHT, SLIDE LEFT TOGETHER, TOUCH/DIG

17&18                      Left step forward, slide right beside left, left step forward  
19&20                      Right step forward, slide left beside right, right step forward  
21-22                      Step left forward dipping body a bit, straighten and turn ¼ right pushing weight to right  
23-24                      Slide left towards right, touch-dig with emphasis left toe beside right

## LEFT SHUFFLE FORWARD, ½ PIVOT TURN, RIGHT SHUFFLE FORWARD, ROCK, ROCK

25&26                      Left step forward, right slide to left, left step forward (facing 12:00)  
27-28                      Right step forward, turn ½ left (weight on left facing 6:00)  
29&30                      Right step forward, left slide to right, right step forward  
31-32                      Step/rock left forward, rock back onto right in place

## LEFT STEP FORWARD, ½ TURN RIGHT, LEFT SHUFFLE FORWARD, ROCK, ROCK, ¾ TURN RIGHT, RIGHT SHUFFLE FORWARD

33-34                      Step/rock left forward, push off and turn ½ right (end weight on right facing 12:00)  
35&36                      Left step forward, slide right beside left, left step forward  
37-38                      Step/rock forward on right, push off right rocking back on left  
**This step will start the momentum needed to make the ¾ turn right below**  
&                      Pivot ¾ right on ball of left (facing 9:00)  
39&40                      Right step forward, left slide to left, right step forward

## LEFT SHUFFLE FORWARD, ROCK, ROCK, ½ TURN RIGHT, RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD

41&42                      Left step forward, slide right beside left, left step forward  
43-44                      Step/rock forward on right, push off right rocking back on left  
**This step will start the momentum needed to make the ½ turn right below**  
&                      Pivot ½ right on ball of left (facing 3:00)  
45&46                      Right step forward, left slide to left, right step forward  
47-48                      Left step forward, slide right beside left, left step forward

## REPEAT