

Beginners Now Is The Time

拍數: 32 牆數: 2 級數: Beginner
編舞者: Scottish Jan (UK)
音樂: Now Is The Time - Jimmy James



ROCK, RECOVER, TRIPLE STEP IN PLACE TWICE

1-2 Rock forward on to right foot, recover weight back on to left foot in place
3&4 Triple step in place stepping right, left right (alternative - right coaster step)
5-6 Rock forward on to left foot, recover weight back on to right foot in place
7&8 Triple step in place stepping left, right, left (alternative - left coaster step)

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
1&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

WALK, WALK, SHUFFLE FORWARD, ROCK RECOVER, TRIPLE STEP IN PLACE

17-18 Walk forward 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 Triple step in place stepping left, right, left (alternative - left coaster step)

KICK, KICK, TRIPLE STEP IN PLACE, KICK, KICK, ¼ TURN LEFT TRIPLE STEP

25-26 Kick right foot forward, kick right foot to the right side
27&28 Triple step in place stepping right, left right (alternative - right sailor step)
29-30 Kick left foot forward, kick left foot to the left side
31&32 Make ¼ turn left stepping left right left in place (alternative - left sailor making ¼ turn left)

REPEAT

See intermediate dance by same choreographer "Now Is The Time."
