

Now And Forever

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Andy Chumbley (USA) - June 2008
音樂: Now and Forever - Richard Marx



Intro: 16 count intro.starts prior to vocals

Rock Recover, 1/4 Turn Left, Full Turn

1&2 Rock left behind right, recover on right, step left on left
3&4 Rock right behind left, recover on left, step right on right
5&6 Stepping back on left turn 1/4 turn to left, step back slightly on right, cross left over right
7&8 1/4 turn left stepping back on right, 1/2 turn left stepping forward on left, 1/4 turn left stepping right to right (9:00)

Rock Recover, 1/4 Turn Left, 1/4 Turn Right, 1/4 Turn Left, Back Step Cross

1&2 Rock left behind right, recover on right, step left to left
3&4 Rock right behind left, step left 1/4 turn to left, step forward on right
5&6 Step forward on left, 1/4 turn right transferring weight to right, cross left over right
7&8 1/4 turn left stepping back on right, step back diagonally on left, cross right over left (6:00)

Sway X2, Side Shuffle, 1/4 Turn Left, 1/2 Turn Right

1-2&3 Sway left, sway right, step left behind right, cross right over left
4&5 Step left to left, step right next to left, step left to left
6&7 Step right behind left, step left 1/4 turn to left, step forward on right
8& Step forward on left, 1/2 turn right stepping forward on right (9:00)

Make 1/2 Turn Right, Coaster Step, Lockstep, Pivot, Side Rock Recover

1 1/2 turn right stepping back on left
2&3 Step back on right, step left next to right, step forward on right
4&5 Step forward on left, step right behind left, step forward on left
6&7 Step forward on right, pivot 1/2 turn left stepping forward on left, step forward on right
8& Rock left to left, recover on right (9:00)

Repeat

Option: the music slows on the 8th wall, section 3, counts 8&1 will put you on the front wall where you can spread your arms out waist high, palms out for a nice finish.