

Look At You Now

拍數: 96 牆數: 4 級數: Intermediate
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音樂: Look At You Now - Mark O'shea



Introduction: 32 Heavy Beats

Stomp, Clap, Stomp, Clap, Shuffle Forward, Pivot Turn

1-4 Stomp R Forward, Hold & Clap, Stomp R Forward, Hold & Clap,
5&6 Shuffle Forward Step: R-L-R,
7,8 Pivot: Step L Forward, Turn 180° Left Take Weight Onto L.

Stomp, Clap, Stomp, Clap, Shuffle Forward, Pivot Turn

1-4 Stomp L Forward, Hold & Clap, Stomp L Forward, Hold & Clap,
5&6 Shuffle Forward Step: L-R-L,
7,8 Pivot: Step R Forward, Turn 180° Left Take Weight Onto L.

Kick Ball Cross, Kick Ball Cross, Side, Drag, Shuffle Across

1&2 Kick R At 45° Right, Step R Back, Step L Across In Front Of Right,
3&4 Kick R At 45° Right, Step R Back, Step L Across In Front Of Right,
5,6 Step R To The Side, Drag To Step L Together,
7&8 Shuffle Right Across In Front Of Left Step: R-L-R.

Kick Ball Cross, Kick Ball Cross, Side, Drag, Shuffle Across

1&2 Kick L At 45° Left, Step L Back, Step R Across In Front Of Left,
3&4 Kick L At 45° Left, Step L Back, Step R Across In Front Of Left,
5,6 Step L To The Side, Drag To Step R Together,
7&8 Shuffle Left Across In Front Of Right Step: L-R-L.

Forward, Rock, ½ Turn, ½ Turn, Coaster Step, Forward, Forward

1,2 Step R Forward, Rock Back Onto L,
3,4 Turn 180° Right Step R Forward, Turn 180° Right Step L Back,
5&6 Coaster: Step R Back, Step L Together, Step R Forward,
7,8 Step L Forward, Step R Forward.

Out-Out, Clap, In-Across, Clap, Slow Turn, Bounce, Bounce

&1,2 Step L To The Side, Step R To The Side, Hold & Clap,
&3,4 Step L To The Centre, Step R Across In Front Of Left, Hold & Clap,
5-8 Slow Turn 360°left Unwind Legs, Bounce Both Heels, Bounce Both Heels.

Rocking Chair, Pivot Turn, Paddle Turn

1-4 Step R Forward, Rock Back Onto L, Step R Back, Rock Forward Onto L,
5,6 Pivot: Step R Forward, Turn 180° Left Take Weight Onto L,
7,8 Paddle: Step R Forward, Turn 90° Left Take Weight Onto L.

Jazz Box, Kick & Kick & Kick, Kick

1-4 Step R Across In Front Of Left, Step L Back, Step R To The Side, Step L Forward
5& Kick R Across In Front Of Left, Step R Together,
6& Kick L Across In Front Of Right, Step L Together,
7,8 ## Kick R Across In Front Of Left, Kick R Across In Front Of Left.

Turn, Hold, ½ Turn, Hold, ¼ Side Shuffle, Across, Rock

1-4 Turn 90° Right Step R Forward, Hold, Turn 180° Right Step L Back, Hold,

5&6 Turn 90° Right Side Shuffle To The Right Step: R-L-R,
7,8 Step L Across In Front Of Right, Rock Onto R.

¼ Turn, Hold, ½ Turn, Hold, ¼ Side Shuffle, Across, Rock

1-4 Turn 90° Left Step L Forward, Hold, Turn 180° Left Step R Back, Hold,
5&6 Turn 90° Left Side Shuffle To The Left Step : L-R-L,
7,8 Step R Across In Front Of Left, Rock Onto L.

Side, Together, Shuffle Forward, Side, Together, Shuffle Back

1,2,3&4 Step R To The Side, Step L Together, Shuffle Forward Step: R-L-R,
5,6,7&8 Step L To The Side, Step R Together, Shuffle Back Step: L-R-L.

Touch, ½ Turn, Shuffle Back, Touch, ½ Turn, Coaster Step

1,2,3&4 Touch R Toe Back, Turn 180° Right Take Weight Onto L, Shuffle Back Step: R-L-R
5,6 Touch L Toe Back, Turn 180° Left Take Weight Onto R,
7&8 Coaster: Step L Back, Step R Together, Step L Forward.

Repeat The Dance In New Direction

RESTART: On Wall 3 Dance To Beat 64 (##) Then Restart Facing 9.00
