

# Now And At The Hour

COPPER KNOB  
STEP SHEETS

拍數: 64      牆數: 4      級數: Improver  
編舞者: Roly Ansano (USA) - March 2012  
音樂: The Prayer - Ann Tayler & Lars Hansen : (Album: Let Your Momma Go)



**Intro: 36 counts from first drumbeat, at the word 'round'**

## SEC 1: SIDE-TOGETHER-SIDE, ROCK-RECOVER-SIDE

1-4            Step R to side, step L together, step R to side, hold  
5-8            Rock L back, recover to R, step L to side, hold

## SEC 2: ROCK-RECOVER-SIDE, SIDE TOGETHER-SIDE

1-4            Rock R back, recover to L, step R to side, hold  
5-8            Step L to side, step R together, step L to side, hold

## SEC 3: STEP-TURN-CROSS, ROCK-RECOVER-CROSS

1-4            Step R forward, pivot 1/4 left, cross R over L, hold  
5-8            Rock L to side, recover to R, cross L over R, hold

## SEC 4: HIP ROLLS

1-4            Step R to side & roll hips right-left-right, touch L to side  
5-8            Step L to side & roll hips left-right-left, touch R to side

## SEC 5: SIDE-TOGETHER-SIDE, POINT-POINT-SLIDE

1-2            Turn 1/4 right & step R to side, step L together  
3-4            Step R to side, touch L together  
5-6            Touch L to side, touch L together  
7-8            Slide L to side, drag/touch R together

## SEC 6: FOUR-COUNT HOLD, POINT-POINT-SLIDE

1-4            Holding foot position, knock chest with fingertips thrice, hold  
5-6            Touch R to side, touch R together  
7-8            Slide R to side, drag/touch L together

## SEC 7: STEP-TURN-CROSS, HIP SWAYS

1-4            Step L forward, pivot 1/4 right, cross L over R, hold  
5-8            Step R to side & sway hips right-left-right, hold

## SEC 8: ROCK-RECOVER-SIDE, ROCK-RECOVER-HOLD

1-4            Rock L back, recover to R, step L to side, hold  
5-8            Rock R back, recover to L, touch R next to L, hold

## REPEAT

### Bridge / TAG: On Wall 3 dance to end of Sec 7. Add

1-4            Rock L back, recover to R, step L to side, hold  
5-8            Rock R back, recover to L, step R to side, hold

Then continue with Sec 8:

### ENDING: On Wall 6 dance to end of Sec 7. Add

1-4            Turn 1/4 left & rock L back, recover to R, step L forward, hold  
5-8            Step R forward, pivot 1/4 left, cross R over L, hold  
9-12          Rock L to side, recover to R, cross L over R, hold

13-15

Touch R to side, touch R together, touch R to side

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