

Love Me Now

拍数: 48 墙数: 2 级数: Phrased Improver
编舞者: José Miguel Belloque Vane (NL) & Guillaume Richard (FR) - November 2016
音乐: Love Me Now - John Legend



Phrased : AA-B-AAAA-B-AA-B-AA

Part A : 32 counts

A[1-8] : Mambo Side x2 – Hitch – Step Back – Heel – Step – Step & Sweep

1&2 Step RF to R – Recover on L – Step RF beside LF
3&4 Step LF to L – Recover on R – Hitch L
5-6 Step LF backward – Heel RF forward
7-8 Step RF forward – Step LF forward with Sweep RF to the front

A[9-16] : Cross – Out Out – Cross- Hold – Cross – Mambo Side – Cross Shuffle

1&2 Cross RF over LF – Step LF backward – Step RF to R
3-4 Cross LF over RF – Hold
&5-6& Step RF to R – Cross LF over RF – Step RF to R – Recover on L
7&8 Cross RF over LF – Step LF to L – Cross RF over LF

A[17-24] : ¼ turn Step – ¼ turn Point – Cross – Point – Sailor Step ½ turn – Sailor Step ¼ turn

1-2 Make ¼ turn L stepping LF forward – Make ¼ turn L with point RF to R
3-4 Cross RF over LF – Point LF to L
5&6 Cross LF behind RF – Make ½ turn L stepping RF to R – Step LF to L
7&8 Cross RF behind LF – Make ¼ turn R stepping LF beside RF – Step RF forward

A[25-32] : Step – Hold – Together – Shuffle Forward – Jazz Box with ¼ turn

1-2 Step LF forward - Hold
&3&4 Step RF beside LF – Step LF forward – Step RF beside LF – Step LF forward
5-6 Cross RF over LF – Make ¼ turn R stepping LF backward
7-8 Step LF to L – Step RF beside LF

Part B: 16 counts

B[1-8] : Basic Nightclub x2 – Out Out – Hold – Sway x2 – Full turn

1-2& Step RF to R – Step LF behind RF – Cross RF over LF
3-4& Step LF to L – Step RF behind LF – Cross LF over RF
a5-6 Out RF to R – Out LF to L – Hold

(arms movement : a : stretch your right hand forward ; 5 : same with left hand ; 6 : bring your hands towards your chest)

7&8& Sway to L – Sway to R – Make ¼ turn L and put weight on L – Make ½ turn L stepping RF backward

B[9-16] : ¼ turn Basic Nightclub – Basic Nightclub – Out Out – Hold

1-2& Make ¼ turn L stepping LF to L – Step RF behind LF – Cross LF over RF
3-4& Step RF to R – Step LF behind RF – Cross RF over LF
a5-6 Out LF to L – Out RF to R – Hold

(arms movement : a : Point left index on forehead ; 5 : Same with right index ; 6 : hold)

7-8 Hold – Hold (arms movement : Lower the indexes downwards through the front)