

# The Here And Now

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Charlie Mifsud (AUS)  
音乐: Living In The Here And Now - Darryl Worley



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## WALK RIGHT, LEFT, SHUFFLE FORWARD, ROCK LEFT FORWARD, ROCK BACK RIGHT, SHUFFLE BACK

1-2	Step forward on right, step forward on left
3&4	Shuffle forward right, left, right
5-6	Rock forward on left, rock back on right
7&8	Shuffle back left, right, left

## VINE TO RIGHT, TOUCH LEFT HEEL AT 45 DEGREES, VINE TO LEFT, TOUCH RIGHT HEEL AT 45 DEGREES

1-2-3-4	Step right to right side, step left behind right, step right to right side, touch left heel at 45 degrees
5-6-7-8	Step left to left side, step right behind left, step left to left side, touch right heel at 45 degrees

## DOUBLE HIP BUMPS RIGHT, DOUBLE HIP BUMPS LEFT, SINGLE HIP BUMPS RIGHT, LEFT, RIGHT, LEFT

1-2	Stepping weight to right, hip bump right to right diagonal twice
3-4	Stepping weight back to left, hip bump left to left diagonal twice
5-6-7-8	Single hip bumps right, left, right, left

## VINE RIGHT WITH ¼ TURN RIGHT, HOLD, WALK FORWARD LEFT, RIGHT, LEFT, HOLD

1-2-3-4	Step right to right side, step left behind right, making ¼ turn right step right forward, hold
5-6-7-8	Step left forward, step right forward, step left forward, hold

## REPEAT

## RESTART (OPTIONAL)

After wall 4 (facing front), dance first 16 counts and then restart

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