

拍数: 0 墙数: 3 级数: Intermediate/Advanced
编舞者: Chris Jackson (UK)
音乐: Now That You Love Me - The Alice Band



Sequence: AB, ABB

The first 16 should be danced on toes. If you can twist toes slightly TO THE LEFT going diagonally forward on Right and TO THE RIGHT going diagonally forward on Left, you can get a nice bouncy rhythm going!

PART A

RIGHT & HIP, LEFT & HIP, RIGHT & HIP, PIVOT HALF-TURN

1&2 Step diagonally forward on right toe and bump hips diagonally right/left/right
3&4 Step diagonally forward on left toe and bump hips diagonally left/right/left
5&6 Step diagonally forward on right toe and bump hips diagonally right/left/right
7-8 Step forward on left and make a half-pivot turn to right

LEFT & HIP, RIGHT & HIP, LEFT & HIP, PIVOT QUARTER-TURN

9&10 Step diagonally forward on left toe and bump hips diagonally left/right/left
11&12 Step diagonally forward on right toe and bump hips diagonally right/left/right
13&14 Step diagonally forward on left toe and bump hips diagonally left/right/left
15-16 Step forward on right and make a quarter-pivot turn to left

CROSS, UNWIND, SHUFFLE LEFT

17-18 Cross right over left, unwind a half-turn left
19&20 Shuffle forward left right left

SIDE, BEHIND & TOE & TOE (KEEP WEIGHT FORWARD WHEN YOU GO BACK ON RIGHT)

21-22 Right to the side, left behind right
&23 Diagonally back on right toe and bring weight back onto left toe
&24 Diagonally back on right toe and bring weight back onto left toe

CROSS, UNWIND, SHUFFLE LEFT

25-26 Cross right over left, unwind a half-turn left
27&28 Shuffle forward left right left

SIDE, BEHIND & TOE & TOE (KEEP WEIGHT FORWARD WHEN YOU GO BACK ON RIGHT)

29-30 Right to the side, left behind right
&31 Diagonally back on right toe and bring weight back onto left toe
&32 Diagonally back on right toe and bring weight back onto left toe

FORWARD & BACK, HALF-TURN SHUFFLE

33-34 Forward on right and recover onto left
35&36 Half-turn (backwards) right and shuffle right, left, right

FORWARD & BACK, COASTER STEP

37-38 Forward on left and recover onto right
39&40 Back on left, bring right back next to left, forward on left

SIDE, BEHIND, & HEEL & CROSS

41-42 Right to the side, bring left behind right
&43&44 Back on right and place left heel forward, bring left back next to right and cross right over left

SIDE, TURN, SHUFFLE LEFT

- 45-46 Left to the side, half -turn (backwards) right stepping forward right
47&48 Shuffle forward left, right left

PART B

FORWARD & BACK, HALF-TURN SHUFFLE RIGHT

- 49-50 Forward right and recover on left
51&52 Half-turn (backwards) to right, shuffle forward right, left, right

POINT, FULL-TURN LEFT, SHUFFLE LEFT

- 53-54 Point left to side and full-turn left (backwards)
55&56 Shuffle forward left, right, left

FORWARD & BACK, HALF-TURN RIGHT, SHUFFLE RIGHT

- 57-58 Forward right and recover on left
59&60 Half-turn (backwards) to right, shuffle forward right, left, right

POINT, THREE-QUARTER-TURN LEFT, SHUFFLE LEFT

- 61-62 Point left to side and three-quarter turn left (backwards)
63&64 Shuffle forward left, right, left

SIDE, BEHIND, TURN & SHUFFLE RIGHT

- 65-66 Right to side, left behind right
67&68 Quarter turn right and shuffle left, right

PIVOT-TURN RIGHT, SHUFFLE LEFT

- 69-70 Forward left, pivot half-turn right
71&72 Shuffle forward left, right, left

TURN, TURN, SHUFFLE RIGHT

- 73-74 Forward right turning a half-turn to left, backwards left turning a half-turn to left
75&76 Shuffle forward right, left, right

TURN, TURN, SHUFFLE LEFT

- 77-78 Forward left turning a half-turn to right, backwards right turning a half-turn to right
79&80 Shuffle forward left, right, left

ONE-AND-ONLY TIME TAG

- 1-2-3-4 Large sidestep right, drag left to right and take weight on left on count 4

To finish the dance, do Part A steps 1-8 bringing left next to right on 9.
