

Now And Forever

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: High Beginner
编舞者: Hilda Ku (CAN) - February 2013
音乐: Now and Forever - Air Supply



Intro: 24 counts

Sequence: 48, tag 1 (6 cts), 48, 48, tag 1 (6 cts), 48, 48 tag 2 (12 cts), 48, 48.

Sec 1: Cross, side, behind, side, chasse right

1-2-3-4 Cross R over L, step L to L side, step R behind L, step L to L side
5&6 Chasse R: side together side

Sec 2: L twinkle with 1/4L, R twinkle with 1/2 R

1-2-3 Cross L over R, step back on R make a 1/4L, step L to L side (9:00)
4-5-6 Cross R over L, step back on L make a 1/4 R, 1/4 R step R to R side (3:00)

Sec 3: L Cross rock, recover, side, R cross rock, recover, side

1-2-3 Cross rock L over R, recover weight on R, step L to L side
4-5-6 Cross rock R over L, recover weight on L, step R to R side

Sec 4: Forward, hitch, kick, step back R, chasse left

1-2-3-4 Step forward L to R diagonal, hitch R, kick R to R diagonal, step back R
5&6 Step L to L side, step R together L, step left to L side

Sec 5: Rolling vine R, cross rock, recover, side

1-2-3 Step forward onto R 1/4R, step L back 1/2 R, 1/4R step R to R side (3:00)
4-5-6 Cross rock L over R, recover weight on R, step L to L side

Sec 6: Cross unwind full turn left with sweep, behind, side, Cross

1-2-3 Cross R over L, unwind full turn L over 3 counts, Weight ends on R sweeping L from front to back
4-5-6 Step L behind R, step R to R side, cross L over R (4:30)

Sec 7: Recover, side, cross, recover side forward

1-2-3 Recover weight on R, step L to L side, cross R over L (1:30)
4-5-6 Recover weight on L, step R to R side, step L forward (3:00)

Sec 8: Forward rock, recover, together, Back, recover, together

1-2-3 Forward rock R, recover weight on L, step R next to L (3:00)
4-5-6 Back rock L, recover weight on R, step L next to R

Tag 1: End of wall 1 (3:00) & wall 3 (9:00):

1-2-3 R waltz basic forward
4-5-6 L waltz basic back

Tag 2: End of wall 5 (3:00):

1-2-3 R waltz basic forward
4-5-6 L waltz basic back
1-2-3 R twinkle
4-5-6 L twinkle

Ending: Last wall (wall 7) at 6:00, dance up to section 6, instead of cross unwind full turn left, just cross unwind with 3/4 turn left to 12:00 and finish the rest of the dance at 12:00.

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