

# THE HERE AND NOW

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**Count:** 32      **Wall:** 4      **Level:** beginner/intermediate

**Choreographer:** Charlie Mifsud

**Music:** Living In The Here And Now by Darryl Worley

## 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**