

# NOW & THEN

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

**Choreographer:** Phil Carpenter

**Music:** One Step At A Time by George Strait

## RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, STEP, $\frac{1}{4}$ PIVOT TURN LEFT, STEP, $\frac{1}{4}$ PIVOT TURN LEFT

- 1&2      Right shuffle forward
- 3&4      Left shuffle forward
- 5-6      Right foot step forward,  $\frac{1}{4}$  left
- 7-8      Right foot step forward,  $\frac{1}{4}$  left
- 9-16     Repeat counts 1-8

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

- 17&18    Right shuffle forward
- 19-20    Left foot rock forward, recover back on to left foot
- 21&22    Left shuffle forward
- 23-24    Right foot rock back, recover forward on to left foot

## RIGHT CHASSE, CROSS ROCK, RECOVER, SIDE, CLOSE, (LEFT) STEP $\frac{1}{4}$ TURN LEFT, STEP PIVOT $\frac{1}{2}$ TURN

- 25&26    Right shuffle to right side
- 27-28    Left foot cross rock, right foot recover back
- 29&30    Left foot to left side, right foot close next to left, left foot  $\frac{1}{4}$  turn left
- 31-32    Right foot step forward, pivot  $\frac{1}{2}$  turn left

## REPEAT