

# THEN & NOW

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**Count:** 32

**Wall:** 2

**Level:** intermediate

**Choreographer:** Violet Ray

**Music:** I Can Laugh At It Now by Dion

## KICK BALL CROSS (2X), ROCK FORWARD & BACK, ¼ RIGHT SIDE SHUFFLE

- 1&2** Kick right foot forward, bring weight back to ball of right foot, cross left foot over right foot
- 3&4** Kick right foot forward, bring weight back to ball of right foot, cross left foot over right foot
- 5-6** Rock forward on right foot, recover weight on left foot
- 7&8** Make ¼ turn to right, stepping on right foot, step left foot next to right foot, step right foot to the side of left foot

## ROCK FORWARD & BACK, ½ LEFT TURNING TRIPLE, ROCK FORWARD, FLICK, SAILOR SHUFFLE

- 1-2** Rock forward on left foot, recover weight on right foot
- 3&4** Make ¼ turn to left, stepping on left foot, step right foot next to left foot, make ¼ turn to left, stepping on left foot
- 5-6** Rock forward on right foot, recover weight on left foot and at the same time flick (small kick) right foot forward
- 7&8** Cross right foot behind left foot, step left foot to the side of right foot, recover weight on right foot

## ¼ LEFT SAILOR SHUFFLE, CROSS & CROSS, ¼ RIGHT COASTER STEP, ¼ RIGHT STEP & POINT

- 1&2** Turning ¼ to left, cross left foot behind right foot, step right foot to the side of left foot, recover weight on left foot
- 3&4** Cross right foot over left foot, step left foot to side of right foot cross right foot over left foot
- 5&6** Make ¼ turn to right, stepping back on left foot, step right foot beside left foot, step left foot forward
- 7-8** Make ¼ turn to right, stepping on right foot, point left foot to side of right foot

## CROSS & POINT (2X), STEP POINT, CROSS BEHIND, ½ TURNING TRIPLE

- 1-2** Cross left foot over right foot, point right foot to side of left foot

- 3-4** Cross right foot over left foot, point left foot to side of right foot
- &5** Step left foot beside right foot, point right foot to side of left foot
- 6** Cross right foot behind left foot
- 7&8** Make  $\frac{1}{4}$  turn to left stepping on left foot, step right foot next to left foot, make  $\frac{1}{4}$  turn to left stepping on left foot

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=42756](https://www.linedance.com/index.php?f=dance_view&id=42756)