

Perpetual Now

Count: 32

Wall: 4

Level: Beginner

Choreographer: Inge Vestergård (DK) - February 2016

Music: Perpetual Now - Simon Lyngø : (Album: The Absence Of Fear - 4:27)

Intro: 32 count intro (15 sec. Into track). Start with weight on L foot.

Sec. 1: Chassé R, Back Rock, Extended Wine L

1 & 2 Step R to R side, Step L beside R, Step R to R side
3 - 4 Rock back L, Recover R
5 - 8 Step L to L side, Cross R behind L, Step L to I side, Cross R over L.

*** 8 count Tag here after Wall 4 facing 12.00 o'clock, then restart the dance.**

Sec. 2: Side Rock, ¼ Turn R, Shuffle L Fwd, Rocking Chair

1 - 2 Rock L to L side, ¼ Turn Stepping fwd on R (3.00)
3 & 4 Step L fwd, Close R beside L, Step fwd on L
5 - 8 Rock R fwd, Recover L, Rock R back, Recover L.

Sec. 3: Shuffle R Fwd, Rock Step , Shuffle ½ Turn L, Step, ¼ Turn L

1 & 2 Step fwd R, Close L beside R, Step fwd R
3 - 4 Rock fwd L, Recover R
5 & 6 ½ turn L stepping fwd L, Close R beside L, Step fwd. L (9.00)
7 - 8 Step fwd. R, ¼ turn L weight on L (6.00)

Diagonal Toe Struts with Hip Bumps, Jazzbox ¼ Turn R

1 - 2 Tap R Toe diagonal in front of L with R Hipbump, Drop R Heel
3 - 4 Tap L Toe diagonal L with L Hipbump, Drop L Heel
5 - 8 Cross R over L, ¼ turn R stepping back on L, Step R to R side, Cross L over R (9.00)

*** Tag after Wall 4: Chassé R, Back Rock, Chassé L, Back Rock**

1 & 2 Step R to R side, Step L beside R, Step R to R side
3 - 4 Rock back L, Recover R
5 & 6 Step L to L side, Close R beside L, Step L to L side
7 - 8 Rock back R, Recover L.

**** Ending on Wall 15 starting at 6 o'clock.**

Dance the jazz box without the ¼ turn, and you will end the dance facing 12 O'clock

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