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Now & At The Hour

IMPROVER

64 Count 4 Walls Choreographed by: Roly Ansano

Choreographed to: The Prayer by Ann Tayler

Sec 1: 1 - 4 5 - 8	SIDE-TOGETHER-SIDE, ROCK-RECOVER-SIDE Step R to side, step L together, step R to side, hold Rock L back, recover to R, step L to side, hold
Sec 2: 1 - 4 5 - 8	ROCK-RECOVER-SIDE, SIDE-TOGETHER-SIDE Rock R back, recover to L, step R to side, hold Step L to side, step R together, step L to side, hold
Sec 3: 1 - 4 5 - 8	STEP-TURN-CROSS, ROCK-RECOVER-CROSS Step R forward, pivot 1/4 left, cross R over L, hold Rock L to side, recover to R, cross L over R, hold
Sec 4: 1 - 4 5 - 8	HIP ROLLS Step R to side and roll hips right-left-right, touch L to side Step L to side and roll hips left-right-left, touch R to side
Sec 5: 1 - 2 3 - 4 5 - 6 7 - 8	SIDE-TOGETHER-SIDE, POINT-POINT-SLIDE Turn 1/4 right and step R to side, step L together Step R to side, touch L together Touch L to side, touch L together Slide L to side, drag/touch R together
Sec 6: 1 - 4 5 - 6 7 - 8	FOUR-COUNT HOLD, POINT-POINT-SLIDE Holding foot position, knock chest with fingertips thrice, hold Touch R to side, touch R together Slide R to side, drag/touch L together
Sec 7: 1 - 4 5 - 8	STEP-TURN-CROSS, HIP SWAYS Step L forward, pivot 1/4 right, cross L over R, hold Step R to side and sway hips right-left-right, hold
Sec 8: 1 - 4 5 - 8	ROCK-RECOVER-SIDE, ROCK-RECOVER-HOLD Rock L back, recover to R, step L to side, hold Rock R back, recover to L, touch R next to L, hold
REPEAT	
BRIDGE/TAG 1 - 4 5 - 8 9 - 16	G: On Wall 3 dance to end of Sec 7. Add Rock L back, recover to R, step L to side, hold Rock R back, recover to L, step R to side, hold Continue with Sec 8
ENDING: 1 - 4 5 - 8	On Wall 6 dance to end of Sec 7. Add Turn 1/4 left and rock L back, recover to R, step L forward, hold Step R forward, pivot 1/4 left, cross R over L, hold

Rock L to side, recover to R, cross L over R, hold

Touch R to side, touch R together, touch R to side

9 - 12

13 - 15