

INTO THE ARENA

SONG : NOW I CAN DANCE
ARTIST : TINA ARENA
ALBUM : SINGLE EDIT VERSION
CHOREOGRAPHER : **MICHAEL VERA-LOBOS** SYD.SEPT.98
ORIGINAL POSITION : FEET TOGETHER WEIGHT ON LEFT.

BEATS: STEPS: TWO WALL INTERMEDIATE DANCE.

1-12 **TRAVEL FWD - DIAGONAL STEP , ROCK , CROSS SHUFFLE X 3**
1,2,3&4 TRAVEL FWD - STEP FWD ON R 45°R, ROCK WEIGHT ONTO L, CROSS SHUFFLE R OVER L
1,2,3&4 TRAVEL FWD - STEP FWD ON L 45°L, ROCK WEIGHT ONTO R, CROSS SHUFFLE L OVER R
1,2,3&4 TRAVEL FWD - STEP FWD ON R 45°R, ROCK WEIGHT ONTO L, CROSS SHUFFLE R OVER L

13-16 **STEP FWD L,BRUSH R BEHIND, TRIPLE STEP ON SPOT 180° L**
1,2,3&4 STEP FWD ON L, BRUSH R BEHIND L KNEE, TRIPLE STEP 180°L STEPPING R,L,R

17-20 **TAP L TOE FWD TO THE SIDE, TAP L TOE BACK, BACK BALL CHANGE L,R**
1,2,3&4 TOUCH L TOE FWD, TOUCH L TOE TO L SIDE, TOUCH L TOE BACK, BALL CHANGE - STEP
BACK ON L PUSHING FWD TO STEP ONTO R

21-28 **FULL TURN FWD STEPPING L,R, SHUFFLE L, FULL TURN FWD STEPPING R,L SHUFFLE R**
1,2,3&4 TRAVELLING FWD TURN 360°L STEPPING L THEN R, SHUFFLE FWD L (L,R,L)
1,2,3&4 TRAVELLING FWD TURN 360°R STEPPING R THEN L, SHUFFLE FWD R (R,L,R)

29-32 **ROCK FWD L, ROCK BACK ON R, TRIPLE STEP TURNING 270° OVER L**
1,2,3&4 ROCK FWD ON L, ROCK BACK ON R, TURN ¾ (270°L) WITH A TRIPLE STEP L,R,L

33-36 **TRAVELLING R- STEP R, L BEHIND & OVER, SIDE R**
1,2&3,4 STEP R TO R, CROSS L BEHIND R, STEP R TO R CROSSING L OVER R, STEP R TO R SIDE

37-40 **HINGE ½ TURN OVER L ONTO L, CROSS R BEHIND, SIDE L CROSS R, ROCK BACK ON L**
1,2&3,4 HINGE 180°L ON BALL OF R STEPPING L TO L SIDE, CROSS R BEHIND L, STEP L TO L
CROSSING R OVER L ANGLING THE BODY 45°L, ROCK WEIGHT BACK ONTO L

41-48 **TRAVELLING R-STEP R,HOLD,STEP L TOGETHER SIDE R,ROCK WEIGHT TO L WITH HIP**
1,2&3,4 STEP R TO R SIDE, HOLD, BRING L TOGETHER STEPPING R TO R, ROCK WEIGHT SIDE L WITH HIP
1,2&3,4 STEP R TO R SIDE, HOLD, BRING L TOGETHER STEPPING R TO R, ROCK WEIGHT SIDE L WITH HIP

49-52 **R SAILOR, ¼ TURN L ROCKING BACK ON L, ROCK FWD ONTO R**
1&2,3,4 CROSS R BEHIND L, STEP L TO L, STEP R TO CENTRE, TURNING 90°L ROCK BACK ONTO L FWD R

53-60 **KICK L FWD,SIDE,BALL CHANGE (L,R)FWD L, KICK R FWD,SIDE,BALL CHANGE (R,L) FWD R**
1,2&3,4 KICK L FWD, KICK L TO L SIDE, BALL CHANGE STEPPING BACK L FWD R, STEP FWD ON L
1,2&3,4 KICK R FWD, KICK R TO R SIDE, BALL CHANGE STEPPING BACK R FWD L, STEP FWD ON R

60-64 **ROCK FWD ON L, ROCK BACK ON R, TRIPLE STEP ½TURN OVER L**
1,2,3&4 ROCK FWD ON L, ROCK BACK ONTO R, TRIPLE STEP TURNING 180°L STEPPING L,R,L

RESTART DANCE IN NEW DIRECTION

**COUNTRY VERSION: SONG-LOVE WORKING ON YOU/ARTIST:JOHN MICHAEL MONTGOMERY ALBUM:LEAVE A MARK
LATIN FEELING CHOICE: SONG- RHYTHM IS GONNA GET YOU.ARTIST- GLORIA ESTEFAN.GREATEST HITS**