

Today

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: The Lady In Black (UK), Mark Cook (UK), Teresa Lawrence (UK) & Vera Fisher (UK)

Musique: Today - Raul Malo



SAMBA FLICK, SAMBA FLICK, WEAVE LEFT, ROCK REPLACE

- 1&2 Cross right over left, step left to left side, count 2 step right to right side & flick left foot up & slightly back
- 3&4 Cross left over right, step right to right side, count 4 step left to left side & flick right foot up & slightly back
- 5&6& Cross right over left, step left to left side, cross right behind left, step left to left side,
- 7-8& Cross rock right over left, replace weight on to left, step right next to left

ROCK REPLACE SAILOR ¼ TURN, KICK & POINT SAILOR ¼ TURN

- 1-2 Rock forward on left, replace weight on to right
- 3&4 Do a left sailor step making a ¼ turn left
- 5&6 Kick forward with right, replace weight on right next to left, point left to left side
- 7&8 Do a left sailor step making a ¼ turn left

WALK WALK, MAMBO STEPPING BACK, WALK BACK BACK, MAMBO STEPPING FORWARD

- 1-2 Walk forward right then left
- 3&4 Rock forward on right, replace weight on left, step back on right
- 5-6 Step back on left, step back on right
- 7&8 Rock back on left, replace weight onto right, step forward on left

SAMBA ¼ TURN, SAMBA IN PLACE, SAMBA ¼ TURN SAMBA IN PLACE

- 1&2 Cross right over left, making ¼ turn right step back on left, step right to right side
- 3&4 Cross left over right, step right to right side, step left to left side
- 5&6 Cross right over left, making ¼ turn right step back on left, step right to right side
- 7&8 Cross left over right, step right to right side, step left to left side

SIDE TOGETHER CHASSE FLICK AT RIGHT ANGLE, SIDE TOGETHER CHASSE FLICK TO LEFT SIDE

- 1-2-3&4 Step right to right side, step left next to right, chasse to the right, (these 4 counts should be done traveling forward to right diagonal but keeping your body facing the home wall, on the last step of your chasse on count 4 flick your left foot up & slightly back)
- 5-6-7&8 Step left to left side, step right next to left, chasse to left side (on the last step of your chasse on count 8 flick your right foot out to right side as though going into a ronde)

SAILOR ¼ RIGHT, TIGHT LOCK LEFT, AND RIGHT, MAMBO FORWARD STEPPING BACK

- 1&2 Do a sailor step making a ¼ turn right
- 3&4 Left lock forward (this should be done as a tight lock, it is more of a rocking motion forward & back moving only slightly forward)
- 5&6 Right lock forward (this should be done as a tight lock, it is more of a rocking motion forward & back moving only slightly forward)
- 7&8 Rock forward on left, replace weight on right, step back on left

ROCK REPLACE, RIGHT LOCK, ½ TURN, LEFT LOCK BACK, ROCK REPLACE

- 1-2 Rock back on right, replace weight onto left
- 3&4 Right lock forward (on last step of your lock, count 4, make ½ turn right)
- 5&6 Left lock back (step back on left, cross right over left, step back on left)
- 7-8 Rock back on right, replace weight onto left

RIGHT LOCK FORWARD, SIDE ROCK REPLACE, SAILOR CROSS, TOUCH FORWARD, SIDE

1&2 Right lock forward

3-4 Rock left to left side, replace weight onto right

5&6 Step left behind right, step right to right side, cross right over left

7-8 Touch right toe forward, touch right toe to right side

REPEAT

RESTART

On wall 4 there is an instrumental section. You will dance up to the end of section 6 (tight locks mambo bit) there will be a slight pause of 1 beat then start dance from beginning.

You will end dance facing back wall. For a bit of a finish just throw your arms in the air.
