## Today＇s The Day

拍数： 112 墙数： 4
级数：Phrased Intermediate
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音乐：Today＇s the Day－P！nk


## Phrasing：AA BC AA BC CD BD A口ロロ <br> Count in： 32 counts

## A： 32 counts

| （A1－8）$\square$ L Step Diagonal Slide，R Back Diagonal Step，Weave，R Side Rock with Lean |  |
| :--- | :--- |
| 12 | Step $L$ to $L$ forward diagonal（1）Slide $R$ to $L$ weight remaining on $L(2)$ |
| 34 | Step $R$ back on $R$ rear diagonal（3）Slide $L$ to $R$ weight remaining on $R(4)$ |
| $5 \& 6$ | Step $L$ behind $R(5)$ Step $R$ to $R(\&)$ Cross $L$ over $R(6)$ |
| 78 | Rock $R$ to $R$ side with $R$ lean $(7,8)$ |

（A9－16）Recover，Cross Unwind，L Sweep，L Step Back，Slide，Back
123 Recover L（1）Cross R over L（2）Full L unwind（3）
$45 \quad$ Release $L$ ，sweeping front to back with $1 / 8$ turn $L(4,5)$
678 Step L back（6）Slide R toward L（7）Step R back（8）
（A17－24）Together Step Lock Step，Side Rock Recover Cross，1／2
12 Step $L$ next to $R$（1）Step $R$ forward（2）
34 Lock $L$ behind $R$（3）Step $R$ forward（4）
$56 \quad$ Making $1 / 8$ turn $R$ ，rock $L$ to $L$（5）Recover $R(6)$
78 Making 1／8 turn R，cross L over R（7）Making 1／2 turn L，step R back（9：00）（8）
（A25－32）1／2，Side Rock Recover Cross $1 / 2$ Turn Chug
12 Making 1／2 turn L，step L forward（3：00）（1）Making 1／4 turn L，rock R to R（2）
34 Recover L（3）Cross R over L（4）
5678 Making 1／2 turn R，touching L－L－L－L $(5,6,7,8)$

## B： 48 counts

（B1－8）$\square K i c k$, Coaster，Shuffle Forward，Step，Heel Swivel with Arms
1 2\＆3 Hopping back onto L，kick R（1）Step R back（2）step L next to R（\＆）Step R forward（3）
4\＆5 Step L forward（4）Step R next to L（\＆）Step L forward（5）
6 Step $R$ forward while bringing $L$ arm infant of chest with elbow bent，place $R$ fist into palm of $L$ hand making 90 degree angle with $R$ forearm（6）
\＆7 Swivel both heels $R$ while pushing arms $R(\&)$ Return arms and heels to previous position（7）
\＆8 Swivel both heels $R$ ，pushing arms $R(\&)$ Return arms and heels to previous position，weight to L（8）
（B9－16）1／2 1／2，R Coaster，1／8 L Side Triple，1／8 R Side Triple
12 Make $1 / 2$ turn $R$ ，stepping $R$ forward（1）Make $1 / 2$ turn $R$ ，stepping $L$ back（2）
3\＆4 Step $R$ back（3）Step $L$ next to $R(\&)$ Step $R$ forward（4）
$5 \& 6 \quad$ Making $1 / 8$ turn $R$ ，step $L$ to $L$（5）Step $R$ next to $L$（\＆）Step $L$ to $L$（6）
$7 \& 8 \quad$ Making $1 / 8$ turn $R(3: 00)$ ，step $R$ to $R(7)$ Step $L$ next to $R(\&)$ Step $R$ to $R(8)$
（B17－24）1／4 L Side Triple，R 1／4 Coaster，1／4，＂Clock＂Arms
$1 \& 2 \quad$ Making $1 / 4$ turn $R(6: 00)$ ，step $L$ to $L$（1）Step $R$ next to $L$（\＆）Step $L$ to $L$（2）
Making $1 / 4$ turn $R$（9：00），step $R$ back（3）Step $L$ next to $R$（\＆）Step $R$ forward（4）
567 Step L forward（5）Making 1／4 turn R，step $R$ next to $L$ while bringing $L$ arm straight up and $R$ arm straight out to side，to create 3：00 arm position（6）Hold（7）
8\＆Lower L arm straight out to L（8）Drop R arm to R side（\＆）

12 Drop $L$ arm to $L$ side, lowering upper body and head $(1,2)$
34 Straighten body and rock $R$ back (3) Recover L (4)
\&5 Making $1 / 2$ turn $L$, step $R$ next to $L$ (\&) Making $1 / 2$ turn $L$, step $L$ forward (5)
Making 1/4 turn $L$, step $R$ to $R$, look to 12:00, raise $R$ arm straight toward 12:00 with palm flexed in "stop" position (6)
78 Body roll back, shoulders to hips, lowering $R$ arm, weight ending $L(7,8)$
(B33-41) Step Back Drag, Weave, Side Rock Recover Cross, L Step Side, Elvis Knee Pops RLR
12 Step $R$ back, sliding $L$ toward $R(1,2)$
$3 \& 4 \quad$ Step $L$ behind $R$ (3) Step $R$ to $R(\&)$ Cross $L$ over $R(4)$
$5 \& 67 \quad$ Rock R to R (5) Recover L (\&) Cross R over L (6) Hold (7)
8\&1 Step $L$ to $L$, pointing $R$ knee in (8) Shift weight $R$, pointing $L$ knee in (\&) Shift weight $L$, pointing $R$ knee in (1)
(B42-48) Push and Slide R, L Coaster, R Step Forward, Swivel Back Forward Back
23 Step $R$ to $R$, sliding $L$ toward $R(2,3)$
4\&5 Step L back (4) Step R next to L (\&) Step L forward (5)
678 Swivel to face back (6:00) (6) Swivel forward (12:00) (7) Swivel back (6:00), weight ending R (8)

C: 16 counts
(C1-8) $\square 1 / 8$ L Rock Recover, 1/2 Weave, Rock Recover, 1/4 Coaster
12 Rock L forward (to 4:30) diagonal (1) Recover R (2)
3\&4 Step L back, starting $1 / 2$ turn R (3) Continuing $1 / 2$ turn R, step R to R (\&) Step L forward to-10:30 diagonal (4)
56 Rock R forward diagonal (10:30) (5) Recover L (6)
$7 \& 8 \quad$ Making $1 / 8$ turn $R$ (to 12:00), step $R$ back (7) Step $L$ next to $R(\&)$ Making $1 / 8$ turn $R$ (to 1:30), $\square \square$ step R forward (8)
(C9-16) 1/8 L Rock Recover, 1/2 Weave, Rock Recover, 1/4 Coaster
12 Rock R forward diagonal (1:30) (1) Recover R (2)
3\&4 Starting $1 / 2$ turn $R$, step $L$ back (3) Continuing $1 / 2$ turn $R$, step $R$ to $R(\&)$ Step $L$ forward (7:30) (4)
56 Rock R forward (7:30) (5) Recover L (6)
7\&8 Making 1/8 turn $R(9: 00)$, step $R$ back (7) Step $L$ next to $R(\&)$ Making $1 / 8$ turn $R$ (to 10:30), step R forward (8)

D 16 counts
(D1-8) Glide Box with Clap
12 Make $1 / 8$ turn $L$, stepping $L$ to $L$ 1) Touch $R$ next to $L$ \& clap (2)
34 Making $1 / 4$ turn $R$, step $R$ to $R$ (3) Touch $L$ next to $R$ \& clap (4)
$56 \quad$ Making $1 / 4$ turn $R$, step $L$ to $L$ (5) Touch $R$ next to $L$ \& clap (6)
78 Making 1/4 turn R, step R to R (7) Touch L next to R \& clap (8)
(D9-16) Glide Box with Clap, Hip Push
12 Making $1 / 4$ turn $R$, step $L$ to $L$ (1) Touch $R$ next to $L$ \& clap (2)
34 Making 1/4 turn R, step $R$ to $R$ (3) Touch $L$ next to $R$ \& clap (4)
5678 Step L pushing hips L(5) Step R pushing hips R (6) Step L pushing hips L(7) Step R pushing hips R (8)

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