

Today

拍数: 51 墙数: 2 级数: Improver waltz
编舞者: Mayee Lee (MY) - November 2018
音乐: Today - Gigi Leung (梁詠琪)



Intro: Start after 24 counts or start after 0.12 seconds

Intro Dance (3 counts)

1 – 3 Hold 3 counts (Hand movement : Both Arms draw a circle from in to out)

Main Dance (51 counts)

Section 1 : R Forward, Full Turn R , L Forward Basic

1 – 3 Step R forward(1), ½ turn R step L back(2), ½ turn R step R forward(3)
4 – 6 Step L forward(4), step R on ball beside L(5), step L on ball beside R(6) 6.00
(Easy option : Cross R over L(1), drag L to R(2-3), cross L over R(4), drag R to L(5-6))

Section 2 : R Twinkle, ½ Turn L Twinkle

1 – 3 Cross R over L(1), step L beside R(2), recover on R(3)
4 – 6 Cross L over R(4), ¼ turn L step R back(5)(9.00), ¼ turn L step L to L(6)(6.00)

Section 3 : R Cross Rock Recover, L Cross Rock Recover

1 – 3 Cross R over L(1), recover on L(2), step R to R(3)
4 – 6 Cross L over R(4), recover on R(5), step L to L(6) 6.00

Section 4 : R Forward Basic, L Back Basic

1 – 3 Step R forward(1), step L on ball beside R(2), step R on ball beside L(3)
4 – 6 Step L back(4), step R on ball beside L(5), step L on ball beside R(6) 6.00

Section 5 : R Forward, ½ Turn L Kick, Hold, L Forward Basic

1 – 3 Step R forward(1), 1/2 turn L kick L & weight on R(2)(12.00), hold(3) 12.00
4 – 6 Step L forward(4), step R on ball beside L(5), step L on ball beside R(6)

Section 6 : R Back Twinkle, L Back Twinkle

1 – 3 Step R behind L(1), step L on ball beside R(2), step R on ball beside L(3)
4 – 6 Step L behind R(4), step R on ball beside L(5), step L on ball beside R(6) 12.00

Section 7 : R Back, L Hinge, L Back, R Hinge

1 – 3 Step R back(1), hinge L from front to back(2-3)
4 – 6 Step L back(4), hinge R from front to back(5-6) 12.00

Section 8 : R Back, Recover On L, R Forward, Monterey ½ Turn L, Touch R

1 – 3 Step R back(1), recover on L(2), step R forward(3)
4 – 6 Touch L to L(4), monterey ½ turn L step L beside R(5)(6.00), touch R to R(6) 6.00

Section 9 : Hold x3

1 – 3 Hold 3 counts (Hand movement : Both Arms draw a circle from in to out)

Tag (60 counts)

Section 1 : R Twinkle, L Twinkle

1 – 3 Cross R over L(1), step L beside R(2), recover on R(3)
4 – 6 Cross L over R(4), step R to R(5), recover on L(6) 12.00

Section 2 : Weave To L, Touch L, Hold x2

1 – 3 Cross R over L(1), step L to L(2), step R behind L(3)

4 – 6 Touch L to L & lean L back(4), hold(5-6) 12.00

Section 3 : L Side, R Back, Recover On L, R Side, L Back, Recover On R

1 – 3 Step L to L(1), rock R behind L(2), recover on L(3)

4 – 6 Step R to R(4), rock L behind R(5), recover on R(6) 12.00

Section 4 : L Side, Hitch R Diagonal, Hold, R Side, Touch L, Hold

1 – 3 Step L to L(1), hitch R over L(2), hold(3)

4 – 6 Step R to R(4), touch L to L(5), hold(6) 12.00

Sections 5 - 8 : Repeat Mirror Steps for Sec 1 to Sec 4 (Tag Part) 12.00

Section 9 : R Rumba Box

1 – 3 Step R to R(1), step L beside R(2), step R forward(3)

4 – 6 Step L to L(4), step R beside L(5), step L back(6) 12.00

Section 10 : R Back, L Sweep, L Back, Sweep R & Touch R

1 – 3 Step R back(1), sweep L from front to back(2-3)

4 – 6 Step L back(4), sweep R & touch R to R(5-6) 12.00

Tag & Restart : During wall 4(6.00), after dance 27 counts, change counts 28-30 to

28-30 step L forward, ½ turn L sweep R to L back to 12.00, add 60 counts Tag

Ending : Wall 7 (12.00), dance 36 counts, step R back, touch L to L

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