Today



拍数: 32 墙数: 4

编舞者: Chris Peel (UK)

音乐: Today - Raul Malo



STEPS FORWARD, FORWARD-ROCK, FORWARD (LEADING RIGHT, THEN LEFT)

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

PIVOT ½ TURN LEFT, BRUSH. SIDE-BEHIND, SIDE (RIGHT, THEN LEFT). PIVOT ½ TURN LEFT, BRUSH

级数: Improver

- 9&10 Step right forward into pivot ½ turn left, step weight to side on left, brush right forward
- 11&12 Side step right, step left behind right, side step right
- 13&14 Side step left, step right behind left, side step left
- 15&16 Step right forward into pivot ¹/₂ turn left, step weight forward onto left, brush right forward

CROSS-ROCK, CROSS/TWIST (LEADING RIGHT, THEN LEFT). ROCK-1/4 TURN, BRUSH (TWICE)

- 17&18 Rock right across left, rock weight back onto left, rock weight forward onto right twisting diagonally to right
- 19&20 Rock left across right, rock weight back onto right, rock weight forward onto left twisting diagonally to center
- 21&22 Rock right to side, rock weight ¼ turn left, brush right forward
- 23&24 Rock right to side, rock weight ¼ turn left, brush right forward

FORWARD-ROCK, FORWARD (LEADING RIGHT, THEN LEFT). BACK-¼ TURN RIGHT, BRUSH. SIDE-ROCK, TOUCH

- 25&26 Rock right forward, rock weight back onto left, rock weight forward onto right
- 27&28 Rock left forward, rock weight back onto right, rock weight forward onto left
- 29&30 Step right back into pivot ¼ left, step weight to side on left, brush right forward
- 31&32 Rock right to side, rock weight onto left, touch right beside left

REPEAT

RESTART

On 7th wall, dance up to beat 16, and then restart. (facing back)

OPTIONAL FINISH

Dance ends on beat 16 during the 13th repetition (facing left of home at its start)

- 1-8 As scripted
- 9&10 Step right forward into spin ³⁄₄ turn left (to face home wall), step weight to side on left, brush right forward
- 11-14 As scripted
- 15&16 Stomp right, left, right on the spot