# 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 <sup>1</sup>/<sub>2</sub> 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 <sup>3</sup>⁄<sub>4</sub> 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