

Today

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Mike Hitchen (UK) - August 2010
音乐: Today - Gary Allan



Basic Night Club 2 Step, Step 1/2 Turn, Full Turn Left

1-2& Step right to side, Rock left behind right. Recover to right
3-4& Step left to side, Rock right behind left, Recover to left
5-6 Step forward on right, Pivot ½ turn left
7&8 Full turn Forward, On a RLR

& Rock Step, Sailor ¼ Turn Right, Left Shuffle, Step ½ Turn Left

&1-2 Step left next to right, Rock forward on right, Recover to left
3&4 Cross right behind left, Make ¼ turn right step left to side Step right to right side
5&6 Step left forward, Step right together, Step left forward
7-8 Step forward on right, Pivot ½ turn left

Step ½ Turn step, Coaster Step, Step ½ Turn Step, Right Coaster Step

1&2 Step forward on right, Turn ½ turn right stepping left back, Step right back
3&4 Step left back, Step right together, Step left forward
5&6 Step forward on right, Turn ½ turn right stepping left back, Step right back
7&8 Step left back, Step right together, Step left forward

Side Rock, Cross Shuffle, Side Rock ¼ Turn Left, Left Shuffle Back

1-2 Rock right to side, Recover to left
3&4 Cross right over left, Step left to left, Cross right over left
5-6 Rock left to side, Turn ¼ turn left stepping back on right
7&8 Step left back, Step right together, Step left back

Rock Back Turn, Rock Back Turn, Rock Back Turn, Coaster Step

1&2 Rock back on right, Recover to left, Turn ½ turn left stepping back on right
3&4 Rock back on left, Recover to right, Turn ¼ turn right stepping back on left
5&6 Rock back on right, Recover to left, Turn ½ turn left stepping back on right
7&8 Step left foot back, Step right together, Step left foot forward

Rock & Cross, Rock & Cross, Touch Turn, Touch Turn

1&2 Rock right to side, Recover to left, Cross right over left
3&4 Rock left to side, Recover to right, Cross left over right
5&6 Touch right to side, Pivot ½ Turn right, Step right next to left
7&8 Touch left to side, Pivot ¼ turn left, Step left next to right

Start Again