

# Today

拍数: 48      墙数: 2      级数: Intermediate / Advanced  
编舞者: Guy Dubé (CAN) - May 2014  
音乐: Today - Gary Allan



Start: □ Intro 16 counts before to begin the dance.

Steps description submitted by Ateliers MG Dance

## CROSS, BALL CROSS ROCK, BALL ROCK SIDE, BALL CROSS ROCK, GIANT STEP SIDE, ROCK BACK, GIANT STEP SIDE, CROSS, 1/4 TURN R and STEP FWD, STEP FWD

- 1            Cross R over L (with attitude)
- 2&        Cross rock ball L over R, recover on R back
- 3&        Rock ball L to side, recover on R
- 4&        Cross rock ball L back, recover on R forward
- 5            Giant step L to side with leg R in extension
- 6&7      Rock back R, recover on L forward, giant step R to side with leg L in extension
- 8&1      Cross L behind R, 1/4 turn to right and step R forward, cross L lightly over R forward

## SYNCOPATED ROCK STEP BACK, STEP-LOCK-STEP, SYNCOPATED COASTER STEP, WALKS FWD

- 2&3      Rock step R, recover on L back, step R back with leg L in extension
- 4&5      Step L back, lock R over L, step L back
- &6&      Step R back, step L together R, step R forward
- 7-8      Walk forward L,R in crossing lightly over R,L (with attitude)

## GIANT STEP SIDE, ROCK BACK, GIANT STEP SIDE, CROSS, 1/4 TURN R and STEP FWD, WALKS FWD, STEP, PIVOT 1/2 TURN R, SYNCOPATED 1 1/2 TURN L ending with SWEEP

- 1            Giant step L to side with leg R in extension
- 2&3      Rock back R, recover on L forward, giant step R to side with leg L in extension
- &4        Cross L behind R, 1/4 turn to right and walk forward R
- &5        Walk forward L,R in crossing lightly over R,L (with attitude)
- 6&7      Step L forward, pivot 1/2 turn to right, step L forward
- 8&      1/2 turn to left ending step R back, 1/2 turn to left ending step L forward
- 1            1/2 turn to left ending step R to side (9:00) in sweeping leg L in circle to left

(Now you are on the 6:00 wall, when you do the sweep).

## ROCK BACK, GIANT STEP SIDE, ROCK BACK, STEP FWD, 1/2 TURN L, COASTER STEP, STEP

- 2&3      Cross rock back L, recover on R forward, giant step L to side with leg R in extension
- 4&5      Rock back R, recover on L forward, toe touch R forward
- &        1/2 turn to left ending weight on step R back
- 6&7      Step L back, step R together L, step L forward
- 8        Step R forward in crossing lightly over L (with attitude)

## 1/4 TURN R with GIANT STEP TO SIDE, ROCK BACK, 1/4 TURN R and STEP FWD, STEP FWD, PIVOT 1/2 TURN R, STEP FWD, FULL TURN L and STEP, STEP FWD

- 1            1/4 turn to right and giant step L to side with leg R in extension
- 2&3      Rock back R, recover on L forward, 1/4 turn to right and step R forward
- 4&5      Step L forward, pivot 1/2 turn to right, step L forward
- 6&7      1/2 turn to left and step R back, 1/2 turn to left and step L forward, step R forward
- 8        Step L forward in crossing lightly over R (with attitude)

RESTART: At the 4th repetition of the dance, after 40 counts, restart the dance from the beginning.

1/4 TURN L and GIANT STEP TO SIDE, ROCK BACK, SIDE, CROSS, SIDE, BALL CROSS ROCK, 1/4

**TURN R and STEP, STEP, PIVOT 1/2 TURN R, CROSS**

- 1 1/4 turn to left and giant step R to side with leg L in extension
- 2&3 Rock step L, recover on R back, step L to side
- &4 Cross R behind L, step L to side
- &5 Cross rock R (ball press) over L, recover on left back
- 6&7 1/4 turn to right and step R forward, step L forward, pivot 1/2 turn to right
- 8 Cross L over R (with attitude)

**FINAL:** □ Do the first 4 counts of the dance and at the count 5, slide toe R together L with attitude.

**REPEAT...**

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