

Today's The Day

COPPER KNOB
STEPSHEETS

拍數: 112 牆數: 4 級數: Phrased Intermediate
編舞者: Darcie DeAngelis (USA) - November 2016
音樂: Today's the Day - P!nk



Phrasing: AA BC AA BC CD BD A□□□

Count in: 32 counts

A: 32 counts

(A1-8) □ L Step Diagonal Slide, R Back Diagonal Step, Weave, R Side Rock with Lean

1 2 Step L to L forward diagonal (1) Slide R to L weight remaining on L (2)
3 4 Step R back on R rear diagonal (3) Slide L to R weight remaining on R (4)
5&6 Step L behind R (5) Step R to R (&) Cross L over R (6)
7 8 Rock R to R side with R lean (7, 8)

(A9-16) Recover, Cross Unwind, L Sweep, L Step Back, Slide, Back

1 2 3 Recover L (1) Cross R over L (2) Full L unwind (3)
4 5 Release L, sweeping front to back with 1/8 turn L (4,5)
6 7 8 Step L back (6) Slide R toward L (7) Step R back (8)

(A17-24) Together Step Lock Step, Side Rock Recover Cross, 1/2

1 2 Step L next to R (1) Step R forward (2)
3 4 Lock L behind R (3) Step R forward (4)
5 6 Making 1/8 turn R, rock L to L (5) Recover R (6)
7 8 Making 1/8 turn R, cross L over R (7) Making 1/2 turn L, step R back (9:00) (8)

(A25-32) 1/2, Side Rock Recover Cross 1/2 Turn Chug

1 2 Making 1/2 turn L, step L forward (3:00) (1) Making 1/4 turn L, rock R to R (2)
3 4 Recover L (3) Cross R over L (4)
5 6 7 8 Making 1/2 turn R, touching L-L-L-L (5,6,7,8)

B: 48 counts

(B1-8) □ Kick, Coaster, Shuffle Forward, Step, Heel Swivel with Arms

1 2&3 Hopping back onto L, kick R (1) Step R back (2) step L next to R (&) Step R forward (3)
4&5 Step L forward (4) Step R next to L (&) Step L forward (5)
6 Step R forward while bringing L arm infant of chest with elbow bent, place R fist into palm of L hand making 90 degree angle with R forearm (6)
&7 Swivel both heels R while pushing arms R (&) Return arms and heels to previous position (7)
&8 Swivel both heels R, pushing arms R (&) Return arms and heels to previous position, weight to L (8)

(B9-16) 1/2 1/2, R Coaster, 1/8 L Side Triple, 1/8 R Side Triple

1 2 Make 1/2 turn R, stepping R forward (1) Make 1/2 turn R, stepping L back (2)
3&4 Step R back (3) Step L next to R (&) Step R forward (4)
5&6 Making 1/8 turn R, step L to L (5) Step R next to L (&) Step L to L (6)
7&8 Making 1/8 turn R (3:00), step R to R (7) Step L next to R (&) Step R to R (8)

(B17-24) 1/4 L Side Triple, R 1/4 Coaster, 1/4, "Clock" Arms

1&2 Making 1/4 turn R (6:00), step L to L (1) Step R next to L (&) Step L to L (2)
3&4 Making 1/4 turn R (9:00), step R back (3) Step L next to R (&) Step R forward (4)
5 6 7 Step L forward (5) Making 1/4 turn R, step R next to L while bringing L arm straight up and R arm straight out to side, to create 3:00 arm position (6) Hold (7)
8& Lower L arm straight out to L (8) Drop R arm to R side (&)

(B25-32) Body Drop, R Back Rock Recover, 1/2 1/2 1/4, "Stop" Arm, Body Roll

- 1 2 Drop L arm to L side, lowering upper body and head (1,2)
3 4 Straighten body and rock R back (3) Recover L (4)
&5 Making 1/2 turn L, step R next to L (&) Making 1/2 turn L, step L forward (5)
6 Making 1/4 turn L, step R to R, look to 12:00, raise R arm straight toward 12:00 with palm flexed in "stop" position (6)
7 8 Body roll back, shoulders to hips, lowering R arm, weight ending L (7,8)

(B33-41) Step Back Drag, Weave, Side Rock Recover Cross, L Step Side, Elvis Knee Pops RLR

- 1 2 Step R back, sliding L toward R (1,2)
3&4 Step L behind R (3) Step R to R (&) Cross L over R (4)
5&6 7 Rock R to R (5) Recover L (&) Cross R over L (6) Hold (7)
8&1 Step L to L, pointing R knee in (8) Shift weight R, pointing L knee in (&) Shift weight L, pointing R knee in (1)

(B42-48) Push and Slide R, L Coaster, R Step Forward, Swivel Back Forward Back

- 2 3 Step R to R, sliding L toward R (2,3)
4&5 Step L back (4) Step R next to L (&) Step L forward (5)
6 7 8 Swivel to face back (6:00) (6) Swivel forward (12:00) (7) Swivel back (6:00), weight ending R (8)

C: 16 counts

(C1-8) □1/8 L Rock Recover, 1/2 Weave, Rock Recover, 1/4 Coaster

- 1 2 Rock L forward (to 4:30) diagonal (1) Recover R (2)
3&4 Step L back, starting 1/2 turn R (3) Continuing 1/2 turn R, step R to R (&) Step L forward to-10:30 diagonal (4)
5 6 Rock R forward diagonal (10:30) (5) Recover L (6)
7&8 Making 1/8 turn R (to 12:00), step R back (7) Step L next to R (&) Making 1/8 turn R (to 1:30), □□step R forward (8)

(C9-16) 1/8 L Rock Recover, 1/2 Weave, Rock Recover, 1/4 Coaster

- 1 2 Rock R forward diagonal (1:30) (1) Recover R (2)
3&4 Starting 1/2 turn R, step L back (3) Continuing 1/2 turn R, step R to R (&) Step L forward (7:30) (4)
5 6 Rock R forward (7:30) (5) Recover L (6)
7&8 Making 1/8 turn R (9:00), step R back (7) Step L next to R (&) Making 1/8 turn R (to 10:30), step R forward (8)

D 16 counts

(D1-8) Glide Box with Clap

- 1 2 Make 1/8 turn L, stepping L to L (1) Touch R next to L & clap (2)
3 4 Making 1/4 turn R, step R to R (3) Touch L next to R & clap (4)
5 6 Making 1/4 turn R, step L to L (5) Touch R next to L & clap (6)
7 8 Making 1/4 turn R, step R to R (7) Touch L next to R & clap (8)

(D9-16) Glide Box with Clap, Hip Push

- 1 2 Making 1/4 turn R, step L to L (1) Touch R next to L & clap (2)
3 4 Making 1/4 turn R, step R to R (3) Touch L next to R & clap (4)
5 6 7 8 Step L pushing hips L(5) Step R pushing hips R (6) Step L pushing hips L(7) Step R pushing hips R (8)

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