

Today

拍數: 32 牆數: 4 級數: Improver
編舞者: Sho Botham (UK)
音樂: Today - Raul Malo



WALKS AND SAMBA SHUFFLE

1-2 Walk forward right, left with hip action
3&4 Samba shuffle right-left-right
5-6 Walk forward left, right with hip action
7&8 Samba shuffle left-right-left

SAMBA PIVOT TURNS TO RIGHT AND LEFT

9 Step right towards right
&10&11&12 Turning to right dance three ball changes (or ball flat) keeping left behind right. Amount of turn between $\frac{1}{2}$ and 1 turn as preferred
13 Step left towards left
&14&15&16 Turning to left dance three ball changes (or ball flat) keeping right behind left

Lean body into turns for fun and effect using arms for balance

CROSSING STEPS AND TRAVELING BALL CHANGES

17 Step right across front of left
&18 Wide ball change left, right (let the body go with the flow for balance and effect)
19-20 Step left across front of right, step right across front of left
21 Step left across front of right
&22&23&24 Three ball changes (or ball flat) keeping left in front of right traveling right and slightly back

SAMBA BASICS FROM SIDE TO SIDE WITH $\frac{1}{4}$ TURN ON FIRST AND THIRD

25&26 Turning $\frac{1}{4}$ left dance samba basic to right
27&28 Samba basic to left
29&30 Turning $\frac{1}{4}$ left dance samba basic to right
31&32 Samba basic to left

REPEAT

Optional arm suggestions: take both arms across the body to the same side as the samba basic travels, then click fingers about shoulder height or open arms and shimmy shoulders on samba basic to right then bring hands together about chest height on samba basic to left or create your own arm styling and have fun.