

Today

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Peel (UK)
音樂: 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

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 ½ turn left, step weight forward onto left, brush right forward

CROSS-ROCK, CROSS/TWIST (LEADING RIGHT, THEN LEFT). ROCK-¼ 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 ¾ 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