

# 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