

Today

拍數: 64 牆數: 4 級數: Intermediate
編舞者: The Lady In Black (UK), Mark Cook (UK), Teresa Lawrence (UK) & Vera Fisher (UK)
音樂: Today - Raul Malo



SAMBA FLICK, SAMBA FLICK, WEAVE LEFT, ROCK REPLACE

- 1&2 Cross right over left, step left to left side, count 2 step right to right side & flick left foot up & slightly back
3&4 Cross left over right, step right to right side, count 4 step left to left side & flick right foot up & slightly back
5&6&
7-8& Cross right over left, step left to left side, cross right behind left, step left to left side,
Cross rock right over left, replace weight on to left, step right next to left

ROCK REPLACE SAILOR ¼ TURN, KICK & POINT SAILOR ¼ TURN

- 1-2 Rock forward on left, replace weight on to right
3&4 Do a left sailor step making a ¼ turn left
5&6 Kick forward with right, replace weight on right next to left, point left to left side
7&8 Do a left sailor step making a ¼ turn left

WALK WALK, MAMBO STEPPING BACK, WALK BACK BACK, MAMBO STEPPING FORWARD

- 1-2 Walk forward right then left
3&4 Rock forward on right, replace weight on left, step back on right
5-6 Step back on left, step back on right
7&8 Rock back on left, replace weight onto right, step forward on left

SAMBA ¼ TURN, SAMBA IN PLACE, SAMBA ¼ TURN SAMBA IN PLACE

- 1&2 Cross right over left, making ¼ turn right step back on left, step right to right side
3&4 Cross left over right, step right to right side, step left to left side
5&6 Cross right over left, making ¼ turn right step back on left, step right to right side
7&8 Cross left over right, step right to right side, step left to left side

SIDE TOGETHER CHASSE FLICK AT RIGHT ANGLE, SIDE TOGETHER CHASSE FLICK TO LEFT SIDE

- 1-2-3&4 Step right to right side, step left next to right, chasse to the right, (these 4 counts should be done traveling forward to right diagonal but keeping your body facing the home wall, on the last step of your chasse on count 4 flick your left foot up & slightly back)
5-6-7&8 Step left to left side, step right next to left, chasse to left side (on the last step of your chasse on count 8 flick your right foot out to right side as though going into a ronde)

SAILOR ¼ RIGHT, TIGHT LOCK LEFT, AND RIGHT, MAMBO FORWARD STEPPING BACK

- 1&2 Do a sailor step making a ¼ turn right
3&4 Left lock forward (this should be done as a tight lock, it is more of a rocking motion forward & back moving only slightly forward)
5&6 Right lock forward (this should be done as a tight lock, it is more of a rocking motion forward & back moving only slightly forward)
7&8 Rock forward on left, replace weight on right, step back on left

ROCK REPLACE, RIGHT LOCK, ½ TURN, LEFT LOCK BACK, ROCK REPLACE

- 1-2 Rock back on right, replace weight onto left
3&4 Right lock forward (on last step of your lock, count 4, make ½ turn right)
5&6 Left lock back (step back on left, cross right over left, step back on left)
7-8 Rock back on right, replace weight onto left

RIGHT LOCK FORWARD, SIDE ROCK REPLACE, SAILOR CROSS, TOUCH FORWARD, SIDE

1&2 Right lock forward

3-4 Rock left to left side, replace weight onto right

5&6 Step left behind right, step right to right side, cross right over left

7-8 Touch right toe forward, touch right toe to right side

REPEAT

RESTART

On wall 4 there is an instrumental section. You will dance up to the end of section 6 (tight locks mambo bit) there will be a slight pause of 1 beat then start dance from beginning.

You will end dance facing back wall. For a bit of a finish just throw your arms in the air.
