

# Beautiful Today

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Crazy Chris (UK)  
音樂: Beautiful - Christina Aguilera



## CROSS ROCK, CROSS ROCK, FORWARD ROCK

- 1-2            Cross rock right over left, replace weight on left  
&3-4          Step right to right side, cross rock left over right, replace weight onto right  
&5-6          Step left beside right, rock forward onto right, replace weight onto left  
&7-8          Step right beside left, rock back onto left, replace weight onto right

**When rocking back onto left (count 7) twist body ½ turn over left to look behind**

## 1 ½ TURNS, BEHIND SIDE IN FRONT, SWAY SWAY, SLIDE TOUCH

- 1&2           Turn 1 ½ turns stepping left, right, left over right shoulder. (traveling forward)  
3&4           Step right behind left, step left to left side, step right in front of left  
5-6           Step left to left side bumping hips left, take weight onto right bumping hips right  
7-8           Step long step to left side with left, slide right to left ending with a touch

## SWAY SWAY, SLIDE TOUCH, LEFT TWINKLE, RIGHT TWINKLE

- 1-2           Step right to right side bumping hips right, take weight onto left bumping hips left  
3-4           Step long step to right side with right, slide left to right stepping on left beside right  
5&6           Cross right over left, step left to left side, step right to right side  
7&8           Cross left over right, step right to right side, step left to left side

## RIGHT TWINKLE ¼ TURN, CROSS POINT, WALK WALK, STEP PIVOT

- 1&2           Cross right over left, step left to left side, turn ¼ turn right stepping right to right side  
3-4           Cross left over right, point right to right side  
5-6           Walk forward right, walk forward left  
7-8           Step forward right, turn ¼ turn left taking weight onto left

## REPEAT

## RESTART

When danced to "Beautiful" by Christina Aguilera, at the end of wall 2, do counts 1-4 then restart the dance again from the start (facing front)

Then on wall 3, dance to count 16 then restart the dance from the start (facing the back)