

Today

拍數: 48 牆數: 2 級數: Intermediate / Advanced
編舞者: Guy Dubé (CAN) - May 2014
音樂: Today - Gary Allan



Start: □ Intro 16 counts before to begin the dance.

Steps description submitted by Ateliers MG Dance

CROSS, BALL CROSS ROCK, BALL ROCK SIDE, BALL CROSS ROCK, GIANT STEP SIDE, ROCK BACK, GIANT STEP SIDE, CROSS, 1/4 TURN R and STEP FWD, STEP FWD

1 Cross R over L (with attitude)
2& Cross rock ball L over R, recover on R back
3& Rock ball L to side, recover on R
4& Cross rock ball L back, recover on R forward
5 Giant step L to side with leg R in extension
6&7 Rock back R, recover on L forward, giant step R to side with leg L in extension
8&1 Cross L behind R, 1/4 turn to right and step R forward, cross L lightly over R forward

SYNCOPATED ROCK STEP BACK, STEP-LOCK-STEP, SYNCOPATED COASTER STEP, WALKS FWD

2&3 Rock step R, recover on L back, step R back with leg L in extension
4&5 Step L back, lock R over L, step L back
&6& Step R back, step L together R, step R forward
7-8 Walk forward L,R in crossing lightly over R,L (with attitude)

GIANT STEP SIDE, ROCK BACK, GIANT STEP SIDE, CROSS, 1/4 TURN R and STEP FWD, WALKS FWD, STEP, PIVOT 1/2 TURN R, SYNCOPATED 1 1/2 TURN L ending with SWEEP

1 Giant step L to side with leg R in extension
2&3 Rock back R, recover on L forward, giant step R to side with leg L in extension
&4 Cross L behind R, 1/4 turn to right and walk forward R
&5 Walk forward L,R in crossing lightly over R,L (with attitude)
6&7 Step L forward, pivot 1/2 turn to right, step L forward
8& 1/2 turn to left ending step R back, 1/2 turn to left ending step L forward
1 1/2 turn to left ending step R to side (9:00) in sweeping leg L in circle to left

(Now you are on the 6:00 wall, when you do the sweep).

ROCK BACK, GIANT STEP SIDE, ROCK BACK, STEP FWD, 1/2 TURN L, COASTER STEP, STEP

2&3 Cross rock back L, recover on R forward, giant step L to side with leg R in extension
4&5 Rock back R, recover on L forward, toe touch R forward
& 1/2 turn to left ending weight on step R back
6&7 Step L back, step R together L, step L forward
8 Step R forward in crossing lightly over L (with attitude)

1/4 TURN R with GIANT STEP TO SIDE, ROCK BACK, 1/4 TURN R and STEP FWD, STEP FWD, PIVOT 1/2 TURN R, STEP FWD, FULL TURN L and STEP, STEP FWD

1 1/4 turn to right and giant step L to side with leg R in extension
2&3 Rock back R, recover on L forward, 1/4 turn to right and step R forward
4&5 Step L forward, pivot 1/2 turn to right, step L forward
6&7 1/2 turn to left and step R back, 1/2 turn to left and step L forward, step R forward
8 Step L forward in crossing lightly over R (with attitude)

RESTART: At the 4th repetition of the dance, after 40 counts, restart the dance from the beginning.

1/4 TURN L and GIANT STEP TO SIDE, ROCK BACK, SIDE, CROSS, SIDE, BALL CROSS ROCK, 1/4

TURN R and STEP, STEP, PIVOT 1/2 TURN R, CROSS

- 1 1/4 turn to left and giant step R to side with leg L in extension
- 2&3 Rock step L, recover on R back, step L to side
- &4 Cross R behind L, step L to side
- &5 Cross rock R (ball press) over L, recover on left back
- 6&7 1/4 turn to right and step R forward, step L forward, pivot 1/2 turn to right
- 8 Cross L over R (with attitude)

FINAL: □ Do the first 4 counts of the dance and at the count 5, slide toe R together L with attitude.

REPEAT...

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