Today (不如甭熟悉) (zh)

Count: 48 **Wall:** 2 **Level:** Intermediate
Choreographer: Mike Hitchen (UK) - 2010年08月
Music: Today - Gary Allan

第一段 **Basic Night Club 2 Step, Step 1/2Turn, Full Turn Left**
基本步二次, 踏 轉, 三步轉圈

1-2& Step right to side, Rock left behind right. Recover to right
右足右踏, 左足於右足後下沉, 右足回復

3-4& Step left to side, Rock right behind left, Recover to left
左足左踏, 右足於左足後下沉, 左足回復

5-6 Step forward on right, Pivot ½ turn left
右足前踏, 左軸轉180度

7&8 Full turn left, On a RLR 左三步轉圈-右, 左, 右

第二段 **& Rock Step, Sailor ¼ Turn Right, Left Shuffle, Step ½ Turn Left**
併-下沉 回復, 1/4轉水手, 前交換, 踏 轉

&1-2 Step left next to right, Rock forward on right, Recover to left
左足併踏, 右足前下沉, 左足回復

3&4 Cross right behind left, Make ¼ turn right step left to side Step right to right side 右足於左足後交叉踏, 右轉90度左足左踏, 右足右踏

5&6 Step left forward, Step right together, Step left forward
左足前踏, 右足併踏, 左足前踏

7 8 Step forward on right, Pivot ½ turn left
右足前踏, 左軸轉180度

第三段 **Step ½ Turn step, Coaster Step, Step ½ Turn Step, Right Coaster Step**
踏 反轉 後踏, 海岸步, 踏 反轉 後踏, 海岸步

1&2 Step forward on right, Turn ½ turn right stepping left back, Step right back 右足前踏, 右轉180度左足後踏, 右足後踏

3&4 Step left back, Step right together, Step left forward
左足後踏, 右足併踏, 左足前踏

5&6 Step forward on right, Turn ½ turn right stepping left back, Step right back 右足前踏, 右轉180度左足後踏, 右足後踏

7&8 Step left back, Step right together, Step left forward
左足後踏, 右足併踏, 左足前踏

第四段 **Side Rock, Cross Shuffle, Side Rock ¼ Turn Left, Left Shuffle Back**
右下沉 回復, 交叉交換, 左下沉 左1/4, 後交換

1-2 Rock right to side, Recover to left
右足右下沉, 左足回復

3&4 Cross right over left, Step left to left, Cross right over left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Rock left to side, Turn ¼ turn left stepping back on right
左足左下沉, 左轉90度右足後踏

7&8 Step left back, Step right together, Step left back
左足後踏, 右足併踏, 左足後踏

第五段　Rock Back Turn, Rock Back Turn, Rock Back Turn, Coaster Step
後下沉 回復 轉, 後下沉 回復 1/4, 後下沉 回復 轉, 海岸步

1&2　Rock back on right, Recover to left, Turn ½ turn left stepping back on right　右足後下沉, 左足回復, 左轉180度右足後踏

3&4　Rock back on left, Recover to right, Turn ¼ turn right stepping back on left　左足後下沉, 右足回復, 右轉90度左足後踏

5&6　Rock back on right, Recover to left, Turn ½ turn left stepping back on right　右足後下沉, 左足回復, 左轉180度右足後踏

7&8　Step left foot back, Step right together, Step left foot forward
左足後踏, 右足併踏, 左足前踏

第六段　Rock & Cross, Rock & Cross, Touch Turn, Touch Turn
曼波交叉, 曼波交叉, 點 轉 併, 點 1/4 併

1&2　Rock right to side, Recover to left, Cross right over left
右足右下沉, 左足回復, 右足於左足前交叉踏

3&4　Rock left to side, Recover to right, Cross left over right
左足左下沉, 右足回復, 左足於右足前交叉踏

5&6　Touch right to side, Pivot ½ Turn right, Step right next to left
右足右點, 右轉180度, 右足併踏

7&8　Touch left to side, Pivot ¼ turn left, Step left next to right
左足左點, 左轉90度, 左足併踏
