Live For Today (活在當下) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Doug Miranda (USA) & Jackie Miranda (USA)
Music: If Tomorrow Never Comes - Ronan Keating

第一段 Cross Rock, Recover, ½ Turn Right Sweep Triple Step, Rock Forward, Recover, Step Lock Back
交叉下沉, 回復, 三步繞轉, 下沉 回復, 後鎖步

1-2 Cross rock right over left, recover on left
右足於左足前交叉下沉, 左足回復

3&4 Sweep right into a ½ turn right as you triple step right, left, right
右足繞三步右轉180度-右, 左, 右

5-6 Rock forward on left, recover on right
左足前下沉, 右足回復

7&8 Step back on left, cross right over left, step back on left
左足後踏, 右足於左足前交叉踏, 左足後踏

第二段 Touch Right Behind, Unwind ½ Turn Right, Step Lock Forward, Cross Rock And Cross Rock
後點 繞轉, 前鎖步, 交叉下沉, 回復 併 交叉, 回復

1-2 Touch right behind left, unwind ½ turn right with weight ending on right
右足於左足後點, 右繞轉180度重心在右足

3&4 Step forward on left, lock right behind left, step forward on left
左足前踏, 右足於左足後鎖踏, 左足前踏

5-6 Cross rock right over left, recover on left
右足於左足前交叉下沉, 左足回復

&7-8 Step right next to left, cross rock left over right, recover on right
右足併踏, 左足於右足前交叉下沉, 右足回復

第三段 1 ¼ Turn Left, Cross, Side, Behind; Side Sways, Behind, Side, Cross
1/4 1/2 1/2, 交叉, 旁, 後, 擺臀, 後 旁 前

1&2 Turn ¼ turn left stepping left to left side, turn ½ turn left stepping right to right side, turn ½ turn left stepping left to left side, slightly dragging right
左轉90度左足左踏, 左轉180度右足右踏, 左轉180度左足左踏右足略拖併

3&4 As you continue to drag right, cross right over left, step left to left side, step right behind left
右足於左足前交叉踏, 左足左踏, 右足於左足後踏

5-6 Sway to left side, sway to right side with weight ending on right
左擺臀, 右擺臀重心在右足

7&8 Slightly drag left behind right, step right to right side, cross left over right 左足拖併至右足後踏, 右足右踏, 左足於右足前交叉踏

第四段 Long Step To Right, ¼ Left With Cross Touch, Step Lock Forward; Step Forward, ½ Turn Left With Cross Touch; ¾ Turn Left Triple Step
右 1/4交叉點, 前鎖步, 踏 轉交叉點, 踏 1/4 1/2

1-2 Take a long step to right side on right, slide left towards right and cross touch left over right as you turn ¼ left (weight is still on right)
右足右一大步, 左足滑併左轉90度於右足前交叉點(重心在右足)

3&4 Step forward on left, lock right behind left, step forward on left
左足前踏, 右足於左足後鎖踏, 左足前踏

5-6	Step forward on right, turn ½ turn left on the ball of right as you slide and cross touch left over right, Weight is still on right 右足前踏, 左轉180度左足滑至右足前點(重心在右足)
7&8	Step forward on left, turn ¼ left turn as you step right to right side, turn ½ turn left as you step left to left side 左足前踏, 左轉90度右足右踏, 左轉180度左足左踏
