

# Live For Today (活在當下) (zh)

COPPER KNOB  
STEPSHEDS

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Doug Miranda (USA) & Jackie Miranda (USA)  
音樂: 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  $\frac{1}{2}$  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  $\frac{1}{4}$  left turn as you step right to right side, turn  $\frac{1}{2}$  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
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