Live For Today

32 Count, 4 Wall, Intermediate
Choreographer: Doug & Jackie Miranda (USA)
Oct 2010
Choreographed to: If Tomorrow Never Comes by
Ronan Keating

CROSS ROCK, RECOVER, ½ TURN RIGHT SWEEP TRIPLE STEP, ROCK FORWARD, RECOVER, STEP LOCK BACK

1-2	Cross rock right over left, recover on left
3&4	Sweep right into a ½ turn right as you triple step right, left, right
5-6	Rock forward on left, recover on right
7&8	Step back on left, cross right over left, step back on left

TOUCH RIGHT BEHIND, UNWIND ½ TURN RIGHT, STEP LOCK FORWARD, CROSS ROCK AND CROSS ROCK

1-2	Touch right behind left, unwind ½ turn right with weight ending on right
3&4	Step forward on left, lock right behind left, step forward on left
5-6	Cross rock right over left, recover on left
&7-8	Step right next to left, cross rock left over right, recover on right

1 ¼ TURN LEFT, CROSS, SIDE, BEHIND; SIDE SWAYS, BEHIND, SIDE, CROSS

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
3&4	As you continue to drag right, cross right over left, step left to left side, step right behind left
5-6	Sway to left side, sway to right side with weight ending on right
7&8	Slightly drag left behind right, step right to right side, cross left over right

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

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)
3&4	Step forward on left, lock right behind left, step forward on left
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)
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