

Sting Me (甜蜜傷痛) (zh)

COPPER KNOB
STYRENE

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Pam Leader (USA) & Raymond Crum - 2008年08月

Musik: Sweet the Sting - Tori Amos : (CD: Beekeeper)



前奏 : Start dance 16 counts into the song

第一段 Walk L, R, English Cross, Step L, ¼ Sweep With Sailor ¼ Turn , Shuffle Forward 走走-1/4-交叉, 併 1/4, 右1/4轉水手, 前交換

1,2 step L forward, Step R forward 左足前踏, 右足前踏

8&3 Step L forward into a ¼ turn right, Cross R over L 右轉90度左足前踏, 右足於左足前交叉踏

4,5 Step L next to R, sweep R into a ¼ turn to R 左足併踏, 右足右繞轉90度

6&7 Step R behind L into ¼ turn right, Step L to left side, Step R forward 右轉90度右足後踏, 左足左踏, 右足前踏

8&1 Step L forward, Step R forward**, Step L forward (9:00) 左足前踏, 右足前踏, 左足前踏(面向9點鐘)

** Restart: After 8& count of Section 1 of Wall 5
第五面牆跳至第8&從頭起跳

第二段 Pivot ½ Left, Shuffle To Right With ¼ Turn Left, Rock Back Recover, Rock Back Recover 踏轉, 1/4右追步, 後下沉 回復 左下沉 回復, 後曼波

2,3 Step R forward, Pivot ½ turn L (3:00) 右足前踏, 左轉180度(面向3點鐘)

4&5 ¼ turn to left and Step R to right side, Step L beside R, Step R to right side 左轉90度右足右踏, 左足併踏, 右足右踏

6&7& Rock L behind R, recover R , Rock L to left side, recover R 左足於右足後下沉, 右足回復, 左足左下沉, 右足回復

8&1 Rock L behind R, recover R , Step L forward (12:00) 左足於右足後下沉, 右足回復, 左足前踏(面向12點鐘)

第三段 walk r, l, anchor step, ½ turn left, ½ turn left, out l, out r
走走, 原地踏三步, 轉轉, 左右

2,3 Step R forward, Step L forward 右足前踏, 左足前踏

4&5 Step R behind L, Recover L, Step R behind L 右足於左足後踏, 左足回復, 右足於左足後踏

6,7 ½ turn L on L to the back(6:00), ½ turn L on R to the back(12:00) 左轉180度左足後踏(面向6點鐘), 左轉180度右足後踏(面向12點鐘)

8& Step L to left side, Step R to right side 左足左踏, 右足右踏

第四段 Step L, Cross R, Hold, And Cross, Hold, And Cross, And Cross, Step, R Heel, Recover, Walk L,R
併交叉, 候, 併交叉, 候, 併交叉, 併交叉, 併, 踵點, 收走走
(This 8 counts will make a ¾ turn to the right total – best described as going around a pole) 這8拍向右轉3/4, 像繞著竿子在旋轉

8&1,2 Step L beside R, Cross R over L slightly angling body to the R, Hold (2:00) 左足併踏, 右足於左足前交叉踏 身體略向右, 候(面向2點鐘)

8&3,4 Step L beside R, Cross R over L slightly angling body to the R, Hold (5:00) 左足併踏, 右足於左足前交叉踏 身體略向右, 候(面向5點鐘)

8&5 Step L beside R, Cross R over L slightly angling body to the R (7:00) 左足併踏, 右足於左足前交叉踏 身體略向右(面向7點鐘)

8&6 Step L beside R, Cross R over L slightly angling body to the R (9:00) 左足併踏, 右足於左足前交叉踏 身體略向右(面向9點鐘)

- &7 Step L beside R, R Heel diagonally forward,
左足併踏, 右足踵斜角線前點
- &&& Step R beside L, Step L forward, Step R forward (9:00)
右足併踏, 左足前踏, 右足前踏(面向9點鐘)
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