

Perfect! (zh)

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Guyton Mundy (USA) - 2011年03月

Musik: F**kin' Perfect - P!nk



第一段 Walk, Rock/Recover, 1/2 Turn, 1/2 Turn With Sweep, Weave, Rock/Recover

- 1,2& Step forward on right, rock forward on left (slightly crossed over right), recover on right
右足前踏, 左足前下沉(略於右足前交叉), 右足回復
- 3,4 Make 1/2 turn over left stepping forward on left, make 1/2 turn over left stepping back on right as you sweep left out to left side
左轉180度左足前踏, 左轉180度右足後踏左足繞至後
- 5&6 Step left behind right, step right to right side, cross left over right 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 7,8 Rock right to right, recover on left 右足右下沉, 左足回復

第二段 Weave With 1/4, Rock, Back, Lock, Back, 1/2 Turn, Full Turn Triple With Sweep Back

- 1&2 Step right behind left, step left to left side starting 1/4 turn left, step forward on right finishing 1/4 turn (you should be on 9 o'clock wall) 右足於左足後踏, 左足左踏, 左轉90度右足前踏(面向9點鐘)
- 3&4 Rock forward on left, recover back on right, lock left over right
左足前下沉, 右足回復, 左足於右足前鎖踏
- 5,6 Step back on right, make 1/2 turn left stepping forward on left
右足後踏, 左轉180度左足前踏
- 7&8 Make full turn over left shoulder stepping right, left, right in place ending sweeping left foot out to left side
三步原地左轉圈-右, 左, 右, 最後左足繞至後

第三段 Back, Back, Sweep, 1/4 Turn Sailor, Diagonal Back, Back, 1/2, Press

- 1&2 Step back on left, step back on right, step back on left as you sweep right out to right side
左足後踏, 右足後踏, 左足後踏右足繞至後
- 3&4 Step right behind left, make 1/4 turn left stepping forward on left, step right to right side
右足於左足後踏, 左轉90度左足前踏, 右足右踏
- 5&6 On the diagonal (to 10:30 wall) walk back left, right; make 1/2 turn over left stepping forward on left (ending facing 4:30 wall)
(面向斜角10:30)後走步-左, 右, 左轉180度左足前踏(面向4:30)
- 7 Press forward on right foot 右足前壓踏

第四段 Coaster, Rock, Back, Lock, Back, 3/8 Turn, Rock/Recover, 1/2

- 8&1 Step back on left, step together with right, step forward on left
左足後踏, 右足併踏, 左足前踏
- 2 Press forward on right 右足前壓踏
- 3&4 Step back on left, lock right over left, step back on left
左足後踏, 右足於左足前鎖踏, 左足後踏
- 5,6 Make slightly more than 1/4 turn over right shoulder stepping forward on right (ending facing 9 o'clock wall), rock forward on left 右轉90度右足前踏(面向9點鐘), 左足前下沉
- 7,8 Recover on right, make 1/2 turn over left shoulder stepping forward on left 右足回復, 左轉180度左足前踏

TAG: AFTER 2nd and 6th wall you will have a 4 count tag. This will happen both times on the back wall.

第二面牆及第六面牆加4拍, 兩次都面向後面牆

The first time just walk forward right, left, right, left.

第二面牆時做前走步4拍:右, 左, 右, 左

The second time to hit the music, just walk forward right, hold, left, hold.

第六面牆時配合音樂, 做右足前踏, 候, 左足前踏, 候