

# No Need To Rush (不急 . 不急) (zh)

COPPER KNOB  
STYLEDANCE™

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - 2008年11月

Music: One Step At A Time - Jordin Sparx



前奏 : Starts on Vocal (16 Counts)

**第一段 Side, Behind & Step, Mambo Step, 1/2, 1/2, 1/4 Chasse.**  
側, 後 & 踏, 曼波, 1/2, 1/2, 轉1/4追步

1-2&3 Step Left to Left side, cross step Right behind Left, step Left to Left side, step forward on Right.  
左足左踏, 右足於左足後交叉踏, 左足左踏, 右足前踏

4&5 Rock forward on Left, recover on Right, step back on Left.  
左足前下沉, 右足回復, 左足後踏

6-7 Make 1/2 turn to Right stepping forward on Right, 1/2 turn to Right stepping back on Left. 右轉180度右足前踏, 右轉180度左足後踏

8&1 Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, step Right to Right side.  
右轉90度右足右踏, 左足併踏, 右足右踏

**第二段 Rock & Side, Cross, Side, Sailor 1/4, Step**  
下沉 & 側, 交叉, 側, 轉1/4水手, 踏

2&3 Cross rock Left over Right, recover on Right, step Left to Left side. 左足於右足前交叉下沉, 右足回復, 左足左踏

4-5 Cross step Right over Left, step Left to Left side.  
右足於左足前交叉踏, 左足左踏

6&7 Cross step Right behind Left, make 1/4 turn to Right stepping Left next to Right, step forward on Right.  
右足於左足後交叉踏, 右轉90度左足併踏, 右足前踏

8 Step forward on Left. \*R\*\* 左足前踏

\*R\*\*, RESTART 2: Wall 5.. Dance up to & including Count 7, Section 2 (15).. Then make a quick 1/2 turn to Right sweeping Left to touch next to Right.. Then Restart from beginning.

第五面牆跳至第二段第7拍後, 第8拍改成右轉180度左足繞併點, 從頭起跳

**第三段 1/2 Pivot, Left Lock Step, Kick Cross Back, Side, Cross, 1/4 Lock Step Back 轉1/2, 左鎖步, 踢交叉後踏, 側, 交叉, 1/4鎖**

1 Pivot 1/2 turn to Right. 右軸轉180度

2&3 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

4&5 Kick Right forward Diagonal Right, cross step Right over Left, step back on Left. 右足斜角前踢, 右足於左足前交叉踏, 左足後踏

6-7 Step to Right side on Right, cross step Left over Right.  
右足右踏, 左足於右足前交叉踏

8&1 Make 1/4 turn to Left stepping back on Right, lock Left over Right, step back on Right. 左轉90度右足後踏, 左足於右足前鎖步, 右足後踏

**第四段 1/2, Touch, Rock & 1/2, Coaster Step, 1/4 Behind & Cross**  
1/2, 點, 下沉 & 1/2, 海岸步, 1/4後 & 交叉

2-3 Make 1/2 turn to Left stepping forward on Left, touch Right toe forward. 左轉180度左足前踏, 右足趾前點

4&5 Rock back on Right, recover on Left, make 1/2 turn to Left stepping back on Right. 右足後下沉, 左足回復, 左轉180度右足後踏

6&7 Step back on Left, step Right next to Left, step forward on Left.  
左足後踏, 右足併踏, 左足前踏

8&1 Make 1/4 turn to Right on ball of Left as you cross step Right behind Left, step Left to Left side, cross step Right over Left.  
右轉90度右足於左足後踏, 左足左踏, 右足於左足前交叉踏

- 第五段 & Cross & Cross, Rock & Cross, 1/4 , 1/4 , Rock & Side  
&交叉 &交叉, 下沉 & 交叉, 1/4, 1/4, 下沉 & 側**
- 8&2&3 Step Left to Left side, cross step Right over Left, step Left to Left side, cross step Right over Left.  
左足左踏, 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 4&5 Rock to Left side on Left, recover on Right, cross step Left over Right. 左足左下沉, 右足回復, 左足於右足前交叉踏
- 6-7 Make 1/4 turn to Right stepping forward on Right, 1/4 turn to Right stepping Left to Left side. 右轉90度右足前踏, 右轉90度左足左踏
- 8&1 Cross rock Right behind Left, recover on Left, step Right to Right side. 右足於左足後交叉下沉, 左足回復, 右足右踏

- 第六段 Rock & Side, Rock & 1/4 , Step, 1/2 Pivot, 1/4 Sweep.  
下沉 & 側, 下沉 & 1/4, 踏, 轉1/2, 繞1/4**
- 2&3 Cross rock Left behind Right, recover on Right, step Left to Left side. 左足於右足後交叉下沉, 右足回復, 左足左踏
- 4&5 Cross rock Right behind Left, recover on Left, make 1/4 turn to Right stepping forward on Right.  
右足於左足後交叉下沉, 左足回復, 右轉90度右足前踏
- 6-7 Step forward on Left, pivot 1/2 turn to Right.  
左足前踏, 右軸轉180度
- 8 1/4 turn to Right sweeping Left to touch next to Right. \*R\*  
右轉90度左足繞併點

**\*R\*,RESTART 1: Wall 2..** Dance up to & including Count 8, Section 6 (48).. Then Restart from beginning 第二面牆跳至第6段第8拍時, 從頭起跳

- 第七段 Chasse Left, Back Rock, Step, Lock & Step, Sailor 1/2 Turn  
左追步, 後下沉, 踏, 鎖 & 踏, 轉1/2水手**
- 1&2 Step Left to Left side, step Right next to Left, step Left to Left side. 左足左踏, 右足併踏, 左足左踏
- 3-4 Rock back on Right, recover on Left.  
右足後下沉, 左足回復
- 5-6 Step Right forward diagonal Right, lock Left behind Right.  
右足斜角前踏, 左足於右足後鎖步
- &7 Step Right forward diagonal Right, step Left forward diagonal Left. 右足斜角前踏, 左足斜角前踏
- 8&1 Cross step Right behind Left making 1/4 turn to Right, 1/4 turn to Right stepping Left next to Right, step forward on Right.  
右轉90度右足於左足後交叉踏, 右轉90度左足併踏, 右足前踏

- 第八段 Walk, Walk, Step, 1/2 Pivot, Left Shuffle, Step  
走, 走, 踏, 轉1/2, 左交換步, 踏**
- 2-3 Walk forward Left-Right. 前走步-左, 右
- 4-5 Step forward on Left, pivot 1/2 turn to Right.  
左足前踏, 右軸轉180度
- 6&7 Step forward on Left, step Right next to Left, step forward on Left. 左足前踏, 右足併踏, 左足前踏
- 8 Step forward on Right. 右足前踏
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