

Go With The Flow! (釋放你的愛) (zh)

COPPER KNOB
STEPSHEDS

Count: 64

Wall: 4

Level: Improver

Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK) - 2008年12月

Music: Let Your Love Flow (7th Heaven Radio Edit) - Alan Connor



前奏： start after 16 count intro 16拍後起跳

第一段 R Jazz Ball Cross, R & L Side Switches, R Fwd, L Fwd, ½ R Pivot Turn
右爵士方塊交叉, 右&左側交換, 右前, 左前, 右轉1/2

1-2 Cross step R over L, step L back
右足於左足前交叉踏, 左足後踏

&3-4 Step R next to L, cross step L over R, point R toes to right side
右足併踏, 左足於右足前交叉踏, 右足趾右點

&5&6 Step R together, point L toes to left side, step L together, step R forward 右足併踏, 左足趾左點, 左足併踏, 右足前踏

7-8 Step L forward, pivot ½ right (6 o'clock)
左足前踏, 右轉180度(面向6點鐘)

第二段 L Fwd Step Touch, R Shuffle Back, L Back Step Touch, R Fwd Shuffle
左前踏點, 右後交換, 左後踏點, 右前交換

1-2 Step L forward, touch R together 左足前踏, 右足併點

3&4 Step R back, step L together, step R back
右足後踏, 左足併踏, 右足後踏

5-6 Step L back, touch R together 左足後踏, 右足併點

7&8 Step R forward, step L together, step R forward (6 o'clock)
右足前踏, 左足併踏, 右足前踏(面向6點鐘)

第三段 L Fwd, ¼ R Pivot Turn, L Cross Shuffle, R Side Rock & Recover, R Coaster Step 左前, 右轉1/4,
左交叉交換, 右側下沉回復, 右海岸步

1-2 Step L forward, pivot ¼ right (9 o'clock)
左足前踏, 右轉90度(面向9點鐘)

3&4 Cross step L over R, step R side, cross step L over R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

5-6 Rock R side, recover weight on L 右足右下沉, 左足回復

7&8 Step R back, step L together, step R forward (9 o'clock)
右足後踏, 左足併踏, 右足前踏(面向9點鐘)

第四段 4 Travelling Fwd Heel Switches, L Fwd, R Fwd, ½ L Pivot Turn, R Fwd
四次向前踵交換, 左前, 右前, 左轉1/2, 右前

1&2& Touch L heel forward, step L in place, touch R heel forward, step R in place 左足踵前點, 左足踏, 右足踵前點, 右足踏

3&4& Touch L heel forward, step L in place, touch R heel forward, step R in place 左足踵前點, 左足踏, 右足踵前點, 右足踏

Note: Travel forward as you do the heel switches; they are NOT done on the spot 當做足踵交換時要向前移, 而不是留在原點踵交換

5-8 Step L forward, step R forward, pivot ½ left, step R forward (3 o'clock) 左足前踏, 右足前踏, 左轉180度, 右足前踏(面向3點鐘)

- 第五段 Diagonal Lock Steps, R Fwd, ½ L Pivot Turn, Diagonal R Fwd Shuffle**
斜角線鎖步, 右前, 左轉1/2, 右斜角線交換步
- 1-2 Travelling toward L diagonal (1 o'clock): step L forward, lock R behind L 面向左斜角線(1點鐘方向)
左足前踏, 右足於左足後鎖踏
- 3&4 Step L forward, lock R behind L, step L forward
左足前踏, 右足於左足後鎖踏, 左足前踏
- 5-6 Step R forward, pivot ½ left to opposite diagonal (7 o'clock)
右足前踏, 左轉180度到反向的對角線(面向7點鐘)
- 7&8 Step R forward, step L together, step R forward (7 o'clock)
右足前踏, 左足併踏, 右足前踏(面向7點鐘)
- 第六段 Diagonal Lock Steps, R Fwd, ½ L Pivot Turn, Diagonal R Fwd Shuffle**
斜角線鎖步, 右, 前左轉1/2, 右斜角線前交換
- 1-2 Travelling toward diagonal (7 o'clock) step L forward, lock R behind L 面向斜角線(7點鐘方向)左足
前踏, 右足於左足後鎖踏
- 3&4 Step L forward, lock R behind L, step L forward
左足前踏, 右足於左足後鎖踏, 左足前踏
- 5-6 Step R forward, pivot ½ left to opposite diagonal (1 o'clock)
右足前踏, 左轉180度到反向的對角線(面向1點鐘)
- 7&8 Step R forward, step L together, step R forward (1 o'clock)
右足前踏, 左足併踏, 右足前踏(面向1點鐘)
- 第七段 L Fwd, R Touch Behind, R Back, L Heel Fwd, L Tog, R Fwd Squaring To Wall, L Fwd, R Side Point, R Sailor Step**
左前, 右後點, 右後, 左踵前, 左併, 右前轉正, 左前, 右側點, 右水手
- 1-2 Step L forward, touch R together 左足前踏, 右足前點
- &3 Step R back, touch L heel forward 右足後踏, 左足踵前點
- &4 Step L together, step R slightly forward squaring off to side wall (3 o'clock) 左足併踏, 右足略前踏
轉正(面向3點鐘)
- 5-6 Step L forward, point R toes to right side 左足前踏, 右足趾右點
- 7&8 Step R back, step L together, step R forward (3 o'clock)
右足後踏, 左足併踏, 右足前踏(面向3點鐘)
- 第八段 L Fwd, ½ R Pivot Turn, L Fwd Shuffle, R Fwd Step Touch, L Back & R Kick Ball Change**
左前, 右轉1/2, 左前交換, 右前踏點, 左後, 右踢交換
- 1-2 Step L forward, pivot ½ right 左足前踏, 右轉180度
- 3&4 Step L forward, step R together, step L forward
左足前踏, 右足併踏, 左足前踏
- 5-6& Step R forward, touch L together, step L back
右足前踏, 左足併點, 左足後踏
- 7&8 Kick R forward, step R together, step L together (9 o'clock)
右足前踢, 右足併踏, 左足併踏(面向9點鐘)
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