

# Rare Form (完全走樣) (zh)

COPPER KNOB  
STEPSHEETS

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Maurice Rowe (USA) & Melissa Daum (USA) - 2010年06月

Music: Not Myself Tonight - Christina Aguilera



前奏 : 24 count intro from hard beat, on lyrics (48 counts from start of track)

**第一段 Step, Drag, Ball Cross, Out Out, Hold, Ball Side, Cross Rock Recover Side** 右踏, 拖併 後踏 交叉, 大大, 候, 回 右踏, 交叉曼波

- 1 Weight starts on Left. Step Right to right 右足右踏  
2 Drag Left toward Right 左足拖併  
&3&4 Step Left behind Right, step Right crossed over Left, step out Left, step out Right  
左足於右足後踏, 右足於左足前交叉踏, 左足左前踏, 右足右前踏  
5 Hold 候  
&6 Step Left to center, step Right to right  
左足回踏, 右足右踏  
7&8 Step Left across Right, recover weight to Right, step Left to left.  
左足於右足前交叉下沉, 右足回復, 左足左踏

**第二段 Cross Right Over Left, ¼, ¼, Left Forward, Shuffle, Left Forward, Spiral Full Turn Right** 交叉, 1/4 1/4, 踏, 前交換, 踏, 右螺旋轉圈

- 1 Cross Right over Left 右足於左足前交叉踏  
2 ¼ turn right stepping back on Left 右轉90度左足後踏  
3 ¼ turn right stepping Right to right 右轉90度右足右踏  
4 Step Left forward (toward 6:00) 左足前踏(面向6點鐘)  
5&6 Step Right forward, step Left together with Right, step Right forward 右足前踏, 左足併踏, 右足前踏  
7 Step forward on Left 左足前踏  
8 Spiral full turn right (back to 6:00 wall) 右螺旋轉圈(面向6點鐘)

**\*\*RESTARTS: OCCUR on the 2nd and 5th walls.** On each, dance the first 16 counts, through the full spiral turn. To re-start step on Right for 1, drag 2, etc  
第二面牆及第五面牆跳至此, 從頭起跳

**第三段 Unwind 1 ¼ Turn Left, Shuffle Forward, ½ Turn Walk Around**  
左繞1 ¼, 前交換, 走四步轉1/2

- 1,2 Unwind 1 ¼ turn left replacing weight on Right (end facing 3:00)  
左繞轉450度重心在右足(結束面向3點鐘)  
3&4 Step Left forward, step Right together, step Left forward  
左足前踏, 右足併踏, 左足前踏  
5-8 ½ turn left walk around Right, Left, Right, Left  
走步左轉180度-右, 左, 右, 左

**第四段 Mambo Fwd, Coaster Back, Right Forward, ¼, ½, Weave**  
前曼波, 海岸步, 踏, 1/4, 1/2, 藤步

- 1&2 Rock Right forward, Recover Left, Step Right back  
右足前下沉, 左足回復, 右足後踏  
3&4 Step back on Left, Step Right together with Left, Step Left forward  
左足後踏, 右足併踏, 左足前踏  
5 Step forward on Right (toward 9:00)  
右足前踏(面向9點鐘)

- 6      ¼ turn right stepping Left to left  
右轉90度左足左踏
- 7      ½ turn right stepping Right to right  
右轉180度右足右踏
- &&&    Step Left behind Right, step Right to right, cross Left over Right  
左足於右足後踏, 右足右踏, 左足於右足前交叉踏
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