

The Woman I Love (心愛的女人) (zh)

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Beginner/Improver

Chorégraphe: Irene Deng (TW) - 2014年09月

Musique: The Woman I Love - Jason Mraz : (iTunes)



Intro : 16 Count From The Start of The Track. (Approx. 12 Seconds Into Track)
(前奏16拍)

Section 1 [1 - 8] R MAMBO FORWARD L MAMBO BACK, TOESTRUTS X2, CROSS, BACK

- 1 & 2 Rock Forward R(1) ,Recover Onto L(&),Step Back R(2)
3 & 4 Back Rock L(3),Recover onto R(&),Step Forward L(4)
5 & 6& Touch R Toe Forward (5) ,Step R heel down by L(&),Touch L Toe Forward(6),Step L heel down by R(&)
7 - 8 Cross R over L(7),Step back on L(8). (12:00)

第一個8拍:

- 1 & 2 , 3 & 4 右足前曼波、再後踏，左足後曼波、再前踏
5 & 6 & 右足前點回踏，左足前點回踏
7 - 8 右足左前交叉，左足後踏 (12:00)

Section 2 [9 - 16] : ChASSE, 1/4 TURN RIGHT, PIVOT, ROLLING VINE, ROCK, 1/4 TURN LEFT STEP

- 1 & 2 Step R to right side(1) , L next to R(&), Step R to right side(2)
3 & 4 1/4 turn right, Step L Forward(3)(3:00),pivot 1/2 turn(9:00)Step Forward(&) ,Step L Forward(4)
5 & 6 1/2 turn left Backward on R(5) (3:00),1/2 turn left Step L Forward(&) (9:00),Step R Forward(6)
7 & 8 Rock L Forward(7), Recover on R(&),1/4 turn left Step L to left side(8).(6:00)

第二個8拍::

- 1 & 2 右足右踏側交換步 (右、左、右)
3 & 4 右轉90 左足前踏(3:00)，右轉180、重心換右足、左足前踏 (9:00)
5 & 6 左轉180 右足後退、再左轉180左足前踏、右足前踏
7 & 8 左足前踏，重心回右足，左轉90、左足旁踏 (6:00)

Section 3 [17 - 24]: RIGHT SAMBA STEP, LEFT SAMBA STEP JASS BOX

- 1, &2 Cross Step R over L(1)、Rock L to left side(&),Recover onto R(2)
3, &4 Cross Step L over R(3)、Rock R to right side(&),Recover onto L(4)
5 - 6 Cross Step R over L(5),1/4 turn right Step L Backward(6),(9:00)
7 - 8 Step R to right side(7) ,Step L Forward(8).(9:00)

第三個8拍:

- 1 , & 2 右足左前交叉森巴步
3 , & 4 左足右前交叉森巴步
5 - 6 右足左前交叉，右轉90 左足後退 (9:00)
7 - 8 右足旁踏，左足前踏

Section 4 [25 - 32]: LOCK, SWIVELS, 2X

- 1 & 2 Lock Step R Diagonal(1)10:30),Step L Behind R(&),Step Forward On R(2)
3 - 4 L Swivel Forward(3),R Swivel Forward(4).(9:00)
5 & 6 Lock Step L Diagonal(5) (7:30),Step R Behind L(&),Step Forward on L(6)
7 - 8 R Swivel Forward(7),L Swivel Forward(8).(9:00)

第四個8拍:

- 1 & 2 右足斜前鎖步(10:30) 右、左、右
3 - 4 左足向前外滑步，身體向左(7:30)，右足向前外滑步，身體向右(10:30)

- 5 & 6 左足斜前鎖步(10:30) 左、右、左
7 - 8 右足向前外滑步，身體向右(10:30)，左足向前外滑步，身體向左(7:30)

Tag(8 counts): After Wall 1 (facing 9 :00) and After wall 4(12:00) ROCK,SHUFFLE,,2x

- 1 – 2 Rock Step R to right side ,Recover onto L
3 & 4 Cross R over L Shuffle(RLR)
5 – 6 Rock Step L to left side ,Recover onto R
7 & 8 Cross L over R Shuffle(LRL) (9:00)

間奏:(8 拍): 第一面牆、第四面牆結束有8拍間奏。

- 1 – 2 右足右旁踏，重心回左足(9:00)
3 & 4 右足左前交叉、交換步(右、左、右)
5 – 6 左足左旁踏、重心回右足
7 & 8 左足右前交叉、交換步(左、右、左)

RESTART: During Wall 6 after count16 (facing 3:00) , Than restart the dance again.

**在第六面牆跳16拍(面向3點時)，重頭開始 跳第7 面牆
Have fun!!! Happy Dance**

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