

# Fall Apart (心力交瘁) (zh)

COPPER KNOB  
BYEPOSTETS

拍数: 48      墙数: 2      级数: Intermediate/Advanced  
编舞者: Dee Musk (UK) - 2010年09月  
音乐: Fall Apart - Sarah Connor : (3:07)



前奏 : 16 Count Intro. Approx 9 seconds.

- 第一段**      **Step ½ Turn L, ¼ Turn L Rock & Cross, ¼ Turn R, ½ Turn R, Sailor ¼ Turn R. 踏 轉, 1/4曼波交叉, 1/4 1/2, 1/4轉水手**
- 1,2      Step forward on R, make a ½ turn L keeping weight back on R.  
右足前踏, 左轉180度重心在右足
- 3&4      Making a ¼ turn L rock L out to L side, recover weight to R, cross step L over R. 左轉90度左足左下沉, 右足回復, 左足於右足前交叉踏
- 5,6      Make a ¼ turn R stepping forward on R, make a ½ turn R stepping back on L. 右轉90度右足前踏, 右轉180度左足後踏
- 7&8      Making a ¼ sailor turn R cross step R behind L, step L in place, step forward on R. (3 o'clock).  
右90度轉水手-右轉90度右足於左足後踏, 左足踏, 右足前踏(面向3點鐘)
- 第二段**      **¾ Turn L, Rock Recover, Back, Back, Hold, Back, Rock Recover.**  
**1/2 1/4, 下沉 回復, 後 後 候, 後 後下沉 回復**
- 1,2      Recover weight onto L making a ½ turn L, make a further ¼ turn L stepping forward on R. 左轉180度左足回復, 左轉90度右足前踏
- 3,4      Rock forward on L, recover weight to R.  
左足前下沉, 右足回復
- 8&5,6      Step back L, step back R, hold count 6.  
左足後踏, 右足後踏, 候
- 8&7,8      Step back L, rock back on R, recover weight to L. (6 o'clock).  
左足後踏, 右足後下沉, 左足回復(面向6點鐘)
- 第三段**      **Back Together ¼ Turn R With Cross, ¼ Turn R, ½ Turn R, Mambo Forward, Back ½ Turn L Step. 後 併 右1/4交叉, 1/4 1/2, 前曼波, 後 轉 踏**
- 1&2      Step slightly back on R, close L beside R, making a ¼ turn R cross step R over L. 右足略後踏, 左足併踏, 右轉90度右足於左足前交叉踏
- 3,4      Make a ¼ turn R stepping back on L, make a ½ turn R stepping forward on R. 右轉90度左足後踏, 右轉180度右足前踏
- 5&6      Rock forward on L, recover weight to R, step back on L.  
左足前下沉, 右足回復, 左足後踏
- 7&8      Step back on R, make a ½ turn L stepping forward on L, step forward on R. (12 o'clock).  
右足後踏, 左轉180度左足前踏, 右足前踏(面向12點鐘)
- 第四段**      **Mambo Forward, Full Turn Back, ¼ Turn R, Hold, Together Point Touch.**  
**前曼波, 轉 轉, 右1/4, 候, 併 右點 併點**
- 1&2      Rock forward on L, recover weight to R, step back on L.  
左足前下沉, 右足回復, 左足後踏
- 3,4      Travelling backwards, make a ½ turn R stepping forward on R, make a ½ turn R stepping back on L.  
(向前移)右轉180度右足前踏, 右轉180度左足後踏
- 5,6      Make a ¼ turn R stepping R to R side, hold count 6.  
右轉90度右足右踏, 候
- 8&7,8      Close L beside R, point R to R side, drag in and touch R beside L. (3 o'clock). 左足併踏, 右足右點, 右足拖併點(面向3點鐘)

**第五段**      **Out, Out, Chasse R, Out, Out Chasse ¼ Turn L.**  
**大, 大, 右追步, 大, 大, 左1/4追步**

1,2      Step out R to R side, step out L to L side.  
右足右踏, 左足左踏

3&4      Step R to R side, close L beside R, step R to R side.  
右足右踏, 左足併踏, 右足右踏

5,6      Step out L to L side, Step out R to R side.  
左足左踏, 右足右踏

7&8      Step L to L side, close R beside L, make a ¼ turn L stepping L forward. (12 o'clock). 左足左踏, 右足併踏,  
左轉90度左足前踏(面向12點鐘)

**\* RESTART from here DURING wall 2 - begin again facing 6 o'clock wall.**

第二面牆跳至此, 面向6點鐘, 從頭起跳

**第六段**      **Step Full Turn L, ½ Turning Lock Step L, Walk R, Walk L, Back Cross, Back Together.** 踏 轉圈, 轉鎖步,  
**走走, 後交叉, 後併**

1,2      Step forward on R, make a full turn L ending with L hooked in front of R. 右足前踏, 左轉圈結束時左足於  
右足前勾

3&4      Making a ¼ turn L step forward on L, cross lock R behind L, make another ¼ turn L stepping forward on  
L.  
左轉90度左足前踏, 右足於左足後交叉踏, 左轉90度左足前踏

5,6      Walk R, walk L. 右足前走, 左足前走

7&8&      Step back on R, cross step L over R, step back on R, close L beside R. (6 o'clock).  
右足後踏, 左足於右足前交叉踏, 右足後踏, 左足併踏(面向6點鐘)

---