

Another Day (沒有明天) (zh)

COPPER KNOB
STYLEDANCE

拍数: 48 墙数: 2 级数: Intermediate/Advanced
编舞者: Paul McAdam (UK) - 2009年10月
音乐: Like You'll Never See Me Again - Alicia Keys : (5:15)



前奏 : Count in: Approximately 25 seconds into song just before vocals "If I had no more time"

- 第一段** **Side-Rock Recover, Side-Touch, ½ Touch, Side, Rock Recover, Side Rock, Cross**
側, 下沉回復, 側點, 1/2點, 側, 下沉回復, 側下沉, 交叉
- 1,2& Step left foot to left side, rock back on right foot, recover on left 左足左踏, 右足後下沉, 左足回復
- a3 Step right foot to right side, touch left toe next to right
右足右踏, 左足趾併點
- 4& Make a ¼ turn left and step forward on left, pivot a ¼ turn left on left foot and touch right toe next to left
左轉90度左足前踏, 左轉90度右足併點(12點鐘)
- 5,6& Step right foot to right side, rock back on left foot, recover on right 右足右踏, 左足後下沉, 右足回復
- a7 Rock left foot out to left side, recover on right
左足左下沉, 右足回復
- 8 Cross left foot over right 左足於右足前交叉踏
- 第二段** **Unwind Full Turn Sweep, Behind-Side-Cross, Behind ¼ Step ½ Turn Step, Full Turn, Step ½ Turn**
繞轉圈, 後-側-交叉, 後1/4踏1/2, 轉圈, 踏轉
- &1 Unwind a full turn right, sweep right foot back
右繞轉圈, 右足繞後
- 2&3 Cross right foot behind left, step left foot to left side, rock right foot over left
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉下沉
- 4& Recover weight back onto left, make a ¼ turn right and step forward on right foot 左足回復, 右轉90度右足前踏(3點鐘)
- 5&6& Step forward on left foot, Pivot a ½ turn right, step forward on left, make a ½ turn left and step back on right
左足前踏, 右轉180度, 左足前踏, 左轉180度右足後踏(3點鐘)
- 7&8& Make a ½ turn left and step forward on left foot, step forward on right foot, step forward on left foot, pivot ½ turn right
左轉180度左足前踏, 右足前踏, 左足前踏, 右轉180度(3點鐘)
- 第三段** **¼ Turn Side, Rock Recover, Side, Cross ½ Turn Side, Rock, Recover, Side, Cross ½ Turn**
1/4側, 下沉回復, 側, 交叉1/2側, 下沉回復側, 交叉 1/2
- 1,2& Make a ¼ turn right and step left foot to left side, rock back on right foot, recover on left
右轉90度左足左踏, 右足後下沉, 左足回復(6點鐘)
- 3,4& Step right foot to right side, cross left foot over right, make a ¼ turn left and step back on right
右足右踏, 左足於右足前交叉踏, 左轉90度右足後踏(3點鐘)
- 5,6& Make a ¼ turn left and step left foot to left side, rock back on right foot, recover on left
左轉90度左足左踏, 右足後下沉, 左足回復(12點鐘)
- 7,8& Step right foot to right side, cross left foot over right, make a ¼ turn left and step back on right
右足右踏, 左足於右足前交叉踏, 左轉90度右足後踏(9點鐘)
- 第四段** **¼ Turn Side, Cross Rock, Side, Cross Rock, Coaster-Step-Lock-Step, ½ Touch, Full Monterey Turn**
1/4側, 交叉下沉, 側, 交叉下沉, 海岸鎖步轉點, 轉圈
- 1,2& Make a ¼ turn left and step left foot to left side, cross rock right foot over left, recover weight onto left
左轉90度左足左踏, 右足於左足前交叉下沉, 左足回復(6點鐘)
- 3,4& Step right foot to right side, cross rock left foot over right, recover weight onto right
右足右踏, 左足於右足前交叉下沉, 右足回復
- 5&6 Step back on left foot, step right foot next to left, step forward on left foot 左足後踏, 右足併踏, 左足前踏
- &7&8 Lock right foot behind left, step left foot forward, pivot a quick ½ turn left on left foot, touch right toe out to right side
(angle your upper body left)
右足於左足後踏, 左足前踏, 左轉180度, 右足趾右點(上半身向左轉)(12點鐘)
- & Pivot a full turn right taking weight on right (next to left)towards end of rotation 重心在右足右轉圈(12點鐘)

第五段 Box ¼ Turn Basics X4 基本步方塊轉四次

- 1,2& Step left foot to left side, rock back on right foot, recover weight onto left foot 左足左踏, 右足後下沉, 左足回復
- 3,4& Make a ¼ turn left and step right foot to right side, rock back on left foot, recover weight onto right
左轉90度右足右踏, 左足後下沉, 右足回復(9點鐘)
- 5,6& Make a ¼ turn left and step left foot to left side, rock back on right foot, recover weight onto left
左轉90度左足左踏, 右足後下沉, 左足回復(6點鐘)
- 7,8& Make a ¼ turn left and step right foot to right side, rock back on left, recover weight onto right
左轉90度右足右踏, 左足後下沉, 右足回復(3點鐘)

第六段 Side Rock, Weave Sweep, Behind Side Cross, Step ½ Turn Touches, ¾ Turn 側下沉, 藤步繞, 後旁交叉, 踏轉點, 轉3/4

- 1&2 Make a ¼ turn left and rock left foot out to left side, recover weight onto right, cross left foot over right
左轉90度左足左下沉, 右足回復, 左足於右足前交叉踏(12點鐘)
- &3 Step right foot to right side, cross left foot behind right and sweep right foot back 右足右踏, 左足於右足後踏右足繞至後
- 4&5 Cross right foot behind left, step left foot to left side, cross right foot over left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 6&7& Step forward on left foot, pivot ½ turn right, touch left toe next to right, touch left toe out to left side
左足前踏, 右軸轉180度, 左足趾併點, 左足趾左點(6點鐘)
- 8& Make a ¼ turn left and step left foot forward, make a ½ turn left and step back on right foot
左轉90度左足前踏, 左轉180度右足後踏(9點鐘)
- 1 Make a ¼ turn left and step left foot to left side to start dance again 左轉90度接續第1拍的左足左踏(6點鐘)

TAG: At the END of the 1 wall and the 3 wall, AFTER the ¾ turn left, repeat steps 33-40 the box turn basics UP TO COUNT 7. weight is on right foot- slide left toe up to right, for counts 8& make a ½ turn left and step forward on left, make a ½ turn left and step back on right, Then make the extra ¼ turn left to start the dance again stepping left foot to left side.

加拍：第一面牆及第三面牆結束時,重覆跳第五段

跳到第五段第7拍重心在右足時, 左足趾滑向右足, 8&時改成左轉180度左足前踏, 左轉180度右足後踏, 再左轉90度接續第1拍的左足左踏, 從頭起跳
