Mandy (曼蒂) (zh)

拍数: 32 **墙数:** 4 **级数:** Intermediate

编舞者: Oli Geir (ICE)

音乐: Mandy (Club Mix) - Westlife

前奏： 32 counts intro. Start on first heavy beat.

第一段 **Step, Rock Step, Chasse ½ Turn Left, Step Pivot ½ Turn Left, Lock Step**
踏, 下沉踏, 左轉1/2追步, 踏轉1/2, 鎖步

1-3 Step Forward Right, Rock Forward Left, Recover Onto Right
右足前踏, 左足前下沉, 右足回復

4&5 Step Left In To Chasse ½ Turn Left, Stepping Left, Right, Left
左轉180度追步(左, 右, 左)

6-7 Step Forward Right, Pivot ½ Turn Left 右足前踏, 左轉180度

8&1 Step Forward Right, Step Left Behind Right, Step Forward Right
右足前踏, 左足於右足後踏, 右足前踏

第二段 **Cross Rock, Side Step, Cross Rock, Step ¼ Turn Right, Step Pivot ½ Turn Right, Cross Rock, Side Step**
交叉下沉, 側踏, 交叉下沉, 右轉1/4, 踏右轉1/4, 交叉下沉, 側踏

2&3 Cross Rock Left Over Right, Recover Onto Right, Step Left To Side
左足於右足前交叉下沉, 右足回復, 左足側踏

4&5 Cross Rock Right Over Left, Recover Onto Left, Step Right ¼ Turn Right
右足於左足前交叉下沉, 左足回復, 右轉90度右足踏

6-7 Step Forward Left, Pivot ½ Turn Right 左足前踏, 右轉180度

8&1 Cross Rock Left Over Right, Recover On To Right, Step Left To Side
左足於右足前交叉下沉, 右足回復, 左足側踏

第三段 **Cross Rock, Side Step, Cross Step, ¼ Turn Left, Step Back, Left Chasse, Cross Step, Touch Side**
交叉下沉, 側踏, 交叉踏, 左轉1/4, 後踏, 左追步, 交叉踏, 側點

2&3 Cross Rock Right Over Left, Recover Onto Left, Step Right To Side
右足於左足前交叉下沉, 左足回復, 右足側踏

4-5 Step Left Across Right, Make A ¼ Turn Left, Stepping Back On Right
左足於右足前交叉踏, 左轉90度右足後踏

6&7 Step Left To Side, Close Right To Left, Step Left To Side
左足側踏, 右足併踏, 左足側踏

8-1 Step Right Across Left, Touch Left To Side
右足於左足前交叉踏, 左足側點

第四段 **Cross Step, Side Step, Front Sailor ¼ Turn Left, Step Pivot ½ Turn Left, Lock Step 交叉踏, 側踏, 前左轉1/4水手步, 踏左轉1/2, 鎖步**

2-3 Step Left Across Right, Step Right To Side, (Use Hips)
左足於右前前交叉踏, 右足側踏(擺臀)

4&5 Step Left Across Right, Step Right To Side, Make A ¼ Turn Left, Stepping Forward Left 左足於右足前交叉踏, 右足側踏, 左轉90度左足前踏

6-7 Step Forward Right, Pivot ½ Turn Left 右足前踏, 左轉180度

8& Step Forward Right, Step Left Behind Right
右足前踏, 左足於右足後踏