

# Balliztic (甜蜜夢境) (zh)

COPPER KNOB  
STYLEDANCE

拍数: 64      墙数: 4      级数: Intermediate/Advanced  
编舞者: M.T. Groove (UK) - 2008年07月  
音乐: Beautiful Nightmare (feat. Balliztic) (Remix) - Beyonce



前奏: Start on Vocals (Rapping)從RAP起跳

## 第一段 Step ¼ Turn Cross, Hold, Straighten, Side Step, ¼ ½ Coaster Lean 踏轉1/4交叉, 候, 伸直, 側踏, 1/4 1/2 海岸步

- 1-2 Step forward on R, Make ¼ turn L cross L over R and bend knees (dip)  
右足前踏, 左轉90度左足於右足前交叉踏曲膝(蹲)
- 3&4 Hold, Straighten and hitch the R(&), Step R to R side (over the wall stylee) 候, 站直抬右足, 右足右踏
- 5-6 Make ¼ turn L as you step forward L, Make a ½ turn L as you step back R. 左轉90度左足前踏, 左轉180度右足後踏
- 7&8 L Coaster heel/lean.....L heel is forward and lean back slightly. (12.00) 左水手步最後以足踵前點身體略向後傾(面向12點鐘)

## 第二段 ¼ Hip Roll, Hold, Breathe In/Out, & Side Rock, & ¼ Turn Step 1/4扭臀, 候, 吸氣吐氣, 側下沉, 轉1/4踏

- 1-2 Rotate hips clockwise ¼ turn R with upper body lean forward, straighten up(2). 順時針右扭臀轉90度, 上半身挺直
- 3&4 Hold, Contract chest – breathe in then out (&4).  
候縮胸, 吸氣, 吐氣
- &5-6 Step R next to L, Rock L to L side, Recover on R.  
右足併踏, 左足左下沉, 右足回復
- &7-8 Step L next to R, Make ¼ turn R stepping forward R, Step forward L. (6.00) 左足併踏, 右轉90度右足前踏, 左足前踏(面向6點鐘)

## 第三段 ½ Turn, ½ Turn, & Touch ½ Turn Step, Walk Walk, Back Back/Kick. 轉1/2, 轉1/2, 點轉1/2踏, 走走, 後後/踢

- 1-2 Make ½ turn L step back on R, Make ½ turn L step forward on L.  
左轉180度右足後踏, 左轉180度左足前踏
- &3-4 Step on R, Touch L slightly back, Unwind ½ turn L stepping forward L. 右足踏, 左足略後點, 左轉180度左足前踏
- 5-6 Walk forward R,L. (Brake)!!! 前走步-右, 左(煞車)
- 7&8 Walk back R,L,R....note as you step back on R low kick L across R, toes pointed up (12.00) 後走步-右, 左, 右(左足趾於右足前略低踢)

## 第四段 Hold Out Out, Sway Sway, ¼ Step, ¾ Spin, Hold, Toe Splits. 候 外 外, 擺臀擺臀, 1/4踏, 3/4轉, 候, 趾分開

- 1&2 Hold (L still off floor from previous count), step out out L,R.  
候(左足仍保持離地), 左足外踏, 右足外踏
- 3-4 Sway hips R,L, weight ends L like a prep.  
右擺臀, 左擺臀重心在左足準備下一個動作
- 5-6 Make ¼ R step forward R, Spin ¾ turn R on R bring feet together. (12.00) 右轉90度右足前踏, 右螺旋轉270度雙足合併(面向12點鐘)

- 7&8 Hold (7), With toes off the floor on your heels, split toes apart(&) then together Putting toes back down.  
候, 重心在雙足踵雙足趾離地分開, 雙足趾踏
- 第五段 Back Touch, ¼ Forward Touch, ¼ Back Touch, ¼ Forward Touch.**  
**後踏點, 1/4前踏點, 1/4後踏點, 1/4前踏點**
- 1-2 Step back on R, Touch L next to R. 右足後踏, 左足併點
- 3-4 Make ¼ turn L step forward L, Touch R next to L.  
左轉90度左足前踏, 右足併點
- 5-6 Make ¼ turn L step back on R, Touch L next to R.  
左轉90度右足後踏, 左足併點
- 7-8 Make ¼ turn L step forward on L, Touch R next to L. (3.00)  
左轉90度左足前踏, 右足併點(面向3點鐘)
- 第六段 Ball ¼ Cross, Hold, ½ Unwind, Scissor Cross, Side Lunge ¼ Prep, ¾ Spin. 踏轉1/4交叉, 候, 轉1/2, 剪刀交叉, 側曲膝準備轉1/4 3/4**
- &1-2 Step on ball of R, Make ¼ L cross L over R, Hold. (12.00)  
右足踏, 左轉90度左足於右足前交叉踏, 候(面向12點鐘)
- 3-4&5 Unwind ½ turn R, Step R to R side, Close L next to R, Cross R over L. (6.00)  
右轉180度, 右足右踏, 左足併踏, 右足於左足前交叉踏(面向6點鐘)
- 6-7 Lunge L to L side with R toes off floor for 2 counts.  
左足曲膝踏右足趾離地
- 8-1 Recover ¼ turn onto R(prepare), Spin ¾ turn R on R bringing feet together(weight L) (6.00).  
右轉90度, 螺旋右轉270度雙足合併重心在左足(面向6點鐘)
- 第七段 Step ½ Pivot, ¾ Spin, & Behind, Touch Side Step.**  
**踏轉1/2, 轉3/4 & 後, 點側踏**
- 2-3 Step forward R, Pivot ½ turn L (weight L) (12.00).  
右足前踏, 左轉180度(重心在左足)(面向12點鐘)
- 4-5 ¾ turn slow spin L over 2 counts bringing feet together (weight R) (3.00) 以2拍螺旋左轉270度(重心在右足)(面向3點鐘)
- &6-8 Step L behind R, Step R to R side, Touch L next to R, Step L to L.  
左足併踏, 右足右踏, 左足併點, 左足左踏
- 第八段 Out Out, R Sailor, L Sailor ½ Turn L, Walk R,L, Hold, Ball Step.**  
**外外 右水手, 左轉水手, 走走, 候, 併踏**
- 1-2 Step out out (rolling knees) R, L. 右外, 左外
- 3&4 R sailor step. 右水手步
- 5&6 L sailor ½ turn L. 左水手左轉180度
- 7&8 Hold, Step R next to L, Step forward L. (9.00)  
候, 右足併踏, 左足前踏(面向9點鐘)
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