

Being Lonely (寂寞真諦) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Kim Ray (UK) - 2008年09月
音乐: Show Me the Meaning of Being Lonely - Backstreet Boys



前奏 : Intro: 64 counts (29 secs) Start on Main Vocals (Total Song Duration 3m 42s)

- 第一段** **Step Forward, Sycopated Pivot ½ Turn, ½ Turn, Shuffle Forward, Rock/Recover, Side Rock/Recover**
前踏, 分節踏轉1/2, 轉1/2, 前交換, 下沉回復, 側下沉回復
- 1 Step forward on right 右足前踏
- 2&3 Step forward on left, ½ pivot turn right, step forward on left
左足前踏, 右轉180度, 左足前踏
- 4 Keep feet where they are and ½ pivot turn right (weight on right)
雙腳原地右轉180度(重心在右足)
- 5&6 Left shuffle forward 左前交換步
- 7& Rock forward on right, recover back on left
右足前下沉, 左足後回復
- 8& Side rock right, recover on left 右足右下沉, 左足回復
- 第二段** **Side Step Right, Sailor ½ Turn Left, Side Step Right, Rock Back/Recover, Sailor Step Forward**
右側踏, 左轉1/2水手, 右側踏, 下沉回復, 前水手
- 1 Large side step right 右足右一大步
- 2&3 Cross left behind right, ¼ turn left step right to right side, ¼ turn left cross left in front of right
左足於右足後交叉踏, 左轉90度右足右踏, 左轉90度左足於右足前交叉踏
- 4 Large side step right 右足右一大步
- 5&6 Rock back on left, recover on right, side step left
左足後下沉, 右足回復, 左足左踏
- 7&8 Cross right behind left, step left to left side, step forward on right 右足於左足後交叉踏, 左足左踏, 右足前踏
- 第三段** **½ Pivot Turn, ¾ Turn & Cross, Side Step, Back Lock Step, Coaster Step 轉1/2, 轉3/4&交叉, 側踏, 後鎖步, 海岸步**
- 1 Keep feet where they are and ½ pivot turn left (weight on left)
雙腳原地左轉180度(重心在左足)
- 2&3 ½ turn left stepping back on right, ¼ turn left stepping left to left side, cross right over left
左轉180度右足後踏, 左轉90度左足左踏, 右足於左足前交叉踏
- 4 Side step left & face right diagonal
左足左踏面向右斜角線
- 5&6 Facing right diagonal step back on right, cross left over right, step back on right
面向右斜角線右足後踏, 左足於右足前交叉踏, 右足後踏
- 7&8 Straightening up: Step back on left, step back on right next to left, step forward on left
站直左足後踏, 右足後併踏, 左足前踏
- 第四段** **Ball Step Forward, Shuffle Forward, Pivot ½ Turn, Step Forward, Full Turn, ¼ Turn Side Rock/Recover**
前踏, 前交換, 踏轉1/2, 前踏, 轉圈, 轉1/4 側下沉回復
- &1 Step right next to left, step forward on left
右足併踏, 左足前踏
- 2&3 Right shuffle forward 右前交換
- 4-5 Step forward on left, ½ pivot turn right
左足前踏, 右轉180度
- 6 Step forward on left 左足前踏
- 7& ½ turn left stepping back on right, ½ turn left stepping forward on left 左轉180度右足後踏, 左轉180度左足前踏

8& ¼ turn left and side rock right, recover on left
左轉90度右足右下沉, 左足回復

第五段 Cross Step, Coaster Step, Shuffle Forward, ½ Pivot, Step Forward
交叉踏, 海岸步, 前交換, 轉1/2, 前踏

1 Cross right over left 右足於左足前交叉踏

2&3 Step back on left, step back right next to left, step forward on left 左足後踏, 右足後併踏, 左足前踏

4&5 Right shuffle forward 右前交換

6-7 Step forward on left, ½ pivot turn right,
左足前踏, 右轉180度

8 Step forward on left 左足前踏

**** RESTART here DURING wall 2 facing BACK & wall 6 facing FRONT**
第二面牆面向後面, 第六面牆面向前面時從頭起跳

第六段 Cross Rock/Recover X 2 & Step Forward, ½ Turn Right, Coaster Step/Step 交叉下沉回復二次 & 前踏, 右
轉1/2, 海岸步/踏

1-2& Cross rock right over left, recover back on left, step right next to left 右足於左足前交叉下沉, 左足後回復, 右
足併踏

3-4& Cross rock left over right, recover back on right, step left next to right 左足於右足前交叉踏, 右足回復, 左足併
踏

5-6 Step forward on right, ½ turn right stepping back on left
右足前踏, 右轉180度左足後踏

7&8& Step back on right, step left next to right, step forward on right, step left next to right
右足後踏, 左足併踏, 右足前踏, 左足併踏
