

# Sting Me (甜蜜傷痛) (zh)

COPPER KNOB  
STYLEDANCE

拍数: 32      墙数: 4      级数: Improver  
编舞者: Pam Leader (USA) & Raymond Crum - 2008年08月  
音乐: Sweet the Sting - Tori Amos : (CD: Beekeeper)



前奏 : Start dance 16 counts into the song

**第一段**      **Walk L, R, English Cross, Step L, ¼ Sweep With Sailor ¼ Turn , Shuffle Forward** 走走-1/4-交叉, 併 1/4, 右1/4轉水手, 前交換

- 1,2      step L forward, Step R forward 左足前踏, 右足前踏  
8&3      Step L forward into a ¼ turn right, Cross R over L  
右轉90度左足前踏, 右足於左足前交叉踏  
4,5      Step L next to R, sweep R into a ¼ turn to R  
左足併踏, 右足右繞轉90度  
6&7      Step R behind L into ¼ turn right, Step L to left side, Step R forward  
右轉90度右足後踏, 左足左踏, 右足前踏  
8&1      Step L forward, Step R forward\*\*, Step L forward ( 9:00)  
左足前踏, 右足前踏, 左足前踏(面向9點鐘)

**\*\* Restart: After 8& count of Section 1 of Wall 5**  
第五面牆跳至第8&從頭起跳

**第二段**      **Pivot ½ Left, Shuffle To Right With ¼ Turn Left, Rock Back Recover, Rock Back Recover** 踏轉, 1/4右追步, 後下沉 回復 左下沉 回復, 後曼波

- 2,3      Step R forward, Pivot ½ turn L (3:00)  
右足前踏, 左轉180度(面向3點鐘)  
4&5      ¼ turn to left and Step R to right side, Step L beside R, Step R to right side 左轉90度右足右踏, 左足併踏, 右足右踏  
6&7&      Rock L behind R, recover R , Rock L to left side, recover R  
左足於右足後下沉, 右足回復, 左足左下沉, 右足回復  
8&1      Rock L behind R, recover R , Step L forward (12:00)  
左足於右足後下沉, 右足回復, 左足前踏(面向12點鐘)

**第三段**      **walk r, l, anchor step, ½ turn left, ½ turn left, out l, out r**  
走走, 原地踏三步, 轉轉, 左右

- 2,3      Step R forward, Step L forward 右足前踏, 左足前踏  
4&5      Step R behind L, Recover L, Step R behind L  
右足於左足後踏, 左足回復, 右足於左足後踏  
6,7      ½ turn L on L to the back(6:00), ½ turn L on R to the back(12:00)  
左轉180度左足後踏(面向6點鐘), 左轉180度右足後踏(面向12點鐘)  
8&      Step L to left side, Step R to right side 左足左踏, 右足右踏

**第四段**      **Step L, Cross R, Hold, And Cross, Hold, And Cross, And Cross, Step, R Heel, Recover, Walk L,R**  
併交叉, 候, 併交叉, 候, 併交叉, 併交叉, 併, 踵點, 收走走  
( This 8 counts will make a ¾ turn to the right total – best described as going around a pole) 這8拍向右轉3/4, 像繞著竿子在旋轉

- &1,2      Step L beside R, Cross R over L slightly angling body to the R, Hold (2:00) 左足併踏, 右足於左足前交叉踏  
身體略向右, 候(面向2點鐘)  
&3,4      Step L beside R, Cross R over L slightly angling body to the R, Hold (5:00) 左足併踏, 右足於左足前交叉踏  
身體略向右, 候(面向5點鐘)  
&5      Step L beside R, Cross R over L slightly angling body to the R (7:00)  
左足併踏, 右足於左足前交叉踏身體略向右(面向7點鐘)  
&6      Step L beside R, Cross R over L slightly angling body to the R (9:00)  
左足併踏, 右足於左足前交叉踏身體略向右(面向9點鐘)

- &7 Step L beside R, R Heel diagonally forward,  
左足併踏, 右足踵斜角線前點
- &&& Step R beside L, Step L forward, Step R forward (9:00)  
右足併踏, 左足前踏, 右足前踏(面向9點鐘)
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