

# I Can Lose My Heart Tonight (今夜我要愛上你) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 64                      墙数: 4                      级数: Phrased Improver  
编舞者: Amy Yang (TW) - 2017年06月  
音乐: I Can Lose My Heart Tonight by (Discoteka 80 Moscow) C.C. Catch



Intro : 32 counts - Sequence of dance : B A A A(16) B / A A A A A A(16)

## PART A – 32 counts

### Sec . A1: CROSS, POINT(R&L), JAZZ BOX

1 - 4                      Cross RF over LF, Point LF to L, Cross LF over RF, Point RF to R  
5 - 8                      Cross RF over LF, Step LF back, Step RF to R, Cross LF over RF  
1 - 4                      右足交叉左足前,左足左側點,左足交叉右足前,右足右側點  
5 - 8                      右足交叉左足前,左足後踏,右足右踏,左足交叉右足前

### Sec. A2: SIDE, RECOVER, CROSS SHUFFLE, SIDE, BEHIND, 1/4 TURN L FORWARD, BRUSH

1-2,3&4                      Step RF to R, Recover onto LF, Cross RF over LF, Step LF to L, Cross RF over LF  
5 - 8                      Step LF to L, Cross RF behind LF, 1/4 turn L step LF forward, Brush RF forward(09:00)  
1-2,3&4                      右足右踏,重心回左足,右足交叉左足前,左足左踏,右足交叉左足前  
5 - 8                      左足左踏,右足交叉左足後,左轉 1/4左足前踏,右足前刷(09:00)

### Sec . A3: TOE STRUT AND HIP BUMP(R&L), FORWARD, RECOVER, COASTER

1 - 4                      Touch RF toe forward with hip bump, Step RF heel down, Touch LF toe forward with hip bump, Step LF heel down  
5-6,7&8                      Step RF forward, Recover onto LF, Step RF back, Step LF beside RF, Step RF forward  
1 - 4                      右足尖前點及推臀,右足腳跟踏下,左足尖前點及推臀,左足腳跟踏下  
5-6,7&8                      右足前踏,重心回左足,右足後踏,左足併於右足旁,右足前踏

### Sec. A4: FORWARD, RECOVER, 1/2 TURN L FORWARD SHUFFLE, SWAY

1-2,3&4                      Step LF forward, Recover onto RF, 1/2 turn L step LF forward, Lock RF behind LF, Step LF forward(03:00)  
5 - 8                      Step RF to R then sway hip R、L、R、L  
1-2,3&4                      左足前踏,重心回右足,左轉 1/2 左足前踏,右足鎖步於左足後,左足前踏(03:00)  
5 - 8                      右足右踏然後擺臀右、左、右、左

## PART B – 32 counts

### Sec . B1 SIDE MAMBO(R&L), MAMBO(FORWARD&BACK)

1&2,3&4                      Step RF to R, Recover onto LF, Step RF beside LF, Step LF to L, Recover onto RF, Step LF beside RF  
5&6,7&8                      Step RF forward, Recover onto LF, Step RF back, Step LF back, Recover onto RF, Step LF forward  
1&2,3&4                      右足右踏,重心回左足,右足併於左足旁,左足左踏,重心回右足,左足併於右足旁  
5&6,7&8                      右足前踏,重心回左足,右足後踏,左足後踏,重心回右足,左足前踏

### Sec. B2: WALK FORWARD( R, L, R ), TOUCH, WALK BACK( L, R, L ), TOUCH

1 - 4                      Walk forward R, L, R, Touch LF forward  
5 - 8                      Walk back L, R, L, Touch RF back  
1 - 4                      前進走步右足、左足、右足,左足前點  
5 - 8                      後退走步左足、右足、左足,右足後點

### Sec . B3: SIDE, TOUCH(R&L), ROLLING VINE, TOUCH

1 - 4                      Step RF to R, Touch LF behind RF, Step LF to L, Touch RF behind LF

- 5 - 8 1/4 turn R stepping forward on RF, 1/2 turn R stepping back on LF, 1/4 turn R stepping RF to R, Touch LF to L(12:00)  
1 - 4 右足右踏,左足點收於右足後,左足左踏,右足點收於左足後  
5 - 8 右轉 1/4右足前踏,右轉 1/2 左足後踏,右轉1/4 右足右踏,左足點於左側 (12:00)

**Sec . B4: SIDE, TOUCH(L&R), ROLLING VINE, TOUCH**

- 1 - 4 Step LF to L, Touch RF behind LF, Step RF to R, Touch LF behind RF  
5 - 8 1/4 turn L stepping forward on LF, 1/2 turn L stepping back on RF, 1/4 turn L stepping LF to L, Touch RF to R(12:00)  
1 - 4 左足左踏,右足點收於左足後,右足右踏,左足點收於右足後  
5 - 8 左轉 1/4左足前踏,左轉 1/2右足後踏,左轉1/4左足左踏,右足點於右側 (12:00)

**Start again**

**Ending : During wall 12, after 16 counts. Pivot 1/2 turn L to face the front(facing 12:00 )**  
**結束:第十二面牆,跳16拍後,左轉 1/2 面向前(面向12: 00)**

**Have Fun & Happy Dancing!**

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