

Be My Lover (zh)

拍数: 64 墙数: 2 级数: Phrased Improver
编舞者: Tina Chen (TW), Nina Chen (TW), Amy Yang (TW) & Juilin Chen (TW) - 2018
 年08月
音乐: Be My Lover (DJ Franxu Bootleg Remix) - Inna



Intro : 32 counts

Sequence of dance : Intro dance B / A A B Tag1 / A A B Tag1 /B B Tag 2 /A A B A

Intro dance : (32 counts)

Sec. i1 : SHUFFLE DIAGONAL(R&L), HEEL GRIND 1/4 TURN R, BACK, RECOVER

1& 2 Step RF forward R diagonal, Lock LF behind RF, Step RF forward R diagonal
3& 4 Step LF forward L diagonal, Lock RF behind LF, Step LF forward L diagonal
5 - 8 Touch RF heel forward and grind to R, Making 1/4 turn R step back on LF, Step RF back,
 Recover onto LF
1& 2 右足踏右斜前,左足鎖於右足後,右足踏右斜前
3& 4 左足踏左斜前,右足鎖於左足後,左足踏左斜前
5 - 8 右足腳腫前點磨轉,右轉 1/4左足後踏,右足後踏,重心回左足

Sec. i2: SHUFFLE DIAGONAL(R&L), JAZZ BOX 1/4 TURN R

1& 2 Step RF forward R diagonal, Lock LF behind RF, Step RF forward R diagonal
3& 4 Step LF forward L diagonal, Lock RF behind LF, Step LF forward L diagonal
5 - 8 Cross RF over LF, 1/4 turn R step LF back, Step RF to R, Step LF forward
1& 2 右足踏右斜前,左足鎖於右足後,右足踏右斜前
3& 4 左足踏左斜前,右足鎖於左足後,左足踏左斜前
5 - 8 右足交叉左足前,右轉 1/4左足後踏,右足右踏,左足前踏

Sec.i3 & i4 (Same as i1&i2)

PART A – 32 counts

Sec. A1: CROSS, BACK, SIDE, CROSS SHUFFLE, SIDE, TOUCH(x2)

1 2& Cross RF over LF, Step LF back, Step RF to R
3& 4 Cross LF over RF, Step RF to R, Cross LF over RF
5 - 8 Step RF to R, Touch LF to L diagonal, Step LF to L, Touch RF to R diagonal
1 2& 右足交叉左足前,左足後踏,右足右踏,
3& 4 左足交叉右足前,右足右踏,左足交叉右足前
5 - 8 右足右踏,左足左斜前點,左足左踏,右足右斜前點

Sec. A2: BACK ROCK, RECOVER, SIDE ROCK, RECOVER, SAMBA R, SAMBA 1/4 L

1 - 4 Rock RF behind LF, Recover onto LF, Rock RF to R, Recover onto LF
5& 6 Cross RF over LF, Step LF to L, Step RF in place
7& 8 Making 1/4 turn L cross LF over RF(09:00), Step RF to R, Step LF in place
1 - 4 右足後下沉,重心回左足,右足右下沉,重心回左足
5& 6 右足交叉左足前,左足左踏,右足原地踏
7& 8 左轉 1/4左足交叉右足前(09:00),右足右踏,左足原地踏

Sec. A3: FORWARD ROCK, RECOVER, TOGETHER, FORWARD, KNEE POPS, BACKWARD SHUFFLE(x2)

1 2& Rock RF forward, Recover onto LF, Step RF beside LF
3 & 4 Step LF forward, Lift both heels off the floor by bending the knees, Return the heels to the
 floor
5& 6 Step LF back, Lock RF over LF, Step LF back
7& 8 Step RF back, Lock LF over RF, Step RF back

- 1 2& 右足前下沉,重心回左足,右足併於左足旁
 3 &4 左足前踏,雙足腳腫同時抬離地面並彎曲膝,雙足腳腫放回地板
 5& 6 左足後踏,右足鎖步於左足前,左足後踏
 7& 8 右足後踏,左足鎖步於右足前,右足後踏

Sec. A4: BACK ROCK, RECOVER, KICK BALL CHANGE, JAZZ BOX 1/4 TURN L HITCH

- 1-2,3&4 Rock LF back, Recover onto RF, Kick LF forward, Step ball of LF in place, Step RF in place
 5 - 8 Cross LF over RF, 1/4turn L step RF back, Step LF to L, Hitch RF (06:00)
 1-2,3&4 左足後下沉,重心回右足,左足前踢,左足踏,右足踏
 5 - 8 左足交叉右足前,左轉 1/4 右足後踏,左足左踏,右足抬起(06:00)

PART B – 32 counts

Sec. B1: CROSS, HOLD(R&L), MAMBO 1/2 TURN R , HOLD

- 1 - 4 Cross RF over LF, Hold, Cross LF over RF, Hold
 5 - 8 Rock RF forward, Recover onto LF, 1/2 turn R step RF forward, Hold(06:00)
 1 - 4 右足交叉左足前,停拍,左足交叉右足前,停拍
 5 - 8 右足前下沉,重心回左足,右轉 1/2 右足前踏,停拍(06:00)

Sec. B2: CROSS, HOLD(L&R), FORWARD, PIVOT 1/2 TURN R, FORWARD, HOLD

- 1 - 4 Cross LF over RF, Hold, Cross RF over LF, Hold
 5 - 8 Step LF forward, Pivot 1/2 turn R weight onto RF, Step LF forward, Hold(12:00)
 1 - 4 左足交叉右足前,停拍,右足交叉左足前,停拍
 5 - 8 左足前踏,向右踏轉 1/2重心回右足,左足前踏,停拍(12:00)

Sec. B3: SIDE ROCK, RECOVER, CROSS SHUFFLE, 1/4 TURN R(x2), FORWARD SHUFFLE

- 1-2,3& 4 Rock RF to R, Recover onto LF, Cross RF over LF, Step LF to L, Cross RF over LF
 5-6,7& 8 1/4 turn R step LF back(03:00), 1/4 turn R step RF forward(06:00), Step LF forward, Lock RF behind LF, Step LF forward
 1-2,3& 4 右足右下沉,重心回左足,右足交叉左足前,左足左踏,右足交叉左足前
 5-6,7& 8 右轉 1/4左足後踏(03:00),右轉 1/4右足前踏(06:00),左足前踏,右足鎖步於左足後,左足前踏

Sec. B4: ROCKING CHAIR, FORWARD PIVOT 1/4 TURN L(x2)

- 1 - 4 Step RF forward, Recover onto LF, Step RF back, Recover onto LF
 5 - 8 Step RF forward, Pivot 1/4 turn L weight on LF(3:00), Step RF forward, Pivot 1/4 turn L weight on LF(12:00)
 1 - 4 右足前踏,重心回左足,右足後踏,重心回左足
 5 - 8 右足前踏,向左踏轉 1/4 重心回左足(3:00),右足前踏,向左踏轉 1/4 重心回左足 (12:00)

Start again.

Tag 1 : 8 counts

FORWARD, TOUCH(x4), OUT-OUT, BOTH FOOT JUMP IN, HEEL UP&DOWN

- 1&,2& Step RF forward, Touch LF beside RF, Step LF forward, Touch RF beside LF
 3&,4& Step RF forward, Touch LF beside RF, Step LF forward, Touch RF beside LF
 5 - 6 Step RF forward R diagonal, Step LF forward L diagonal
 7 &8 Both foot jump back to the center, Both heels up and down
 1&,2& 右足前踏,左足點收於右足旁,左足前踏,右足點收於左足旁
 3&,4& 右足前踏,左足點收於右足旁,左足前踏,右足點收於左足旁
 5 - 6 右足右斜前踏,左足左斜前踏
 7&8 雙足同時向後跳回中心,雙足腳腫抬起,雙足腳腫同時放下

Tag 2 : 12 counts

FORWARD, TOUCH(x4), BACKWARD, TOUCH(x4), OUT-OUT, BOTH FOOT JUMP IN, HEEL UP & DOWN

- 1&,2& Step RF forward, Touch LF beside RF, Step LF forward, Touch RF beside LF
 3&,4& Step RF forward, Touch LF beside RF, Step LF forward, Touch RF beside LF

5&,6& Step RF back, Touch LF beside RF, Step LF back, Touch RF beside LF
7&,8& Step RF back, Touch LF beside RF, Step LF back, Touch RF beside LF
2 - 2 Step RF forward R diagonal, Step LF forward L diagonal
3 &4 Both foot jump back to the center, Both heels up and down
1&,2& 右足前踏,左足點收於右足旁,左足前踏,右足點收於左足旁
3&,4& 右足前踏,左足點收於右足旁,左足前踏,右足點收於左足旁
5&,6& 右足後踏,左足點收於右足旁,左足後踏,右足點收於左足旁
7&,8& 右足後踏,左足點收於右足旁,左足後踏,右足點收於左足旁
2- 2 右足右斜前踏,左足左斜前踏
3 &4 雙足同時向後跳回中心,雙足腳腫抬起,雙足腳腫同時放下

Have Fun & Happy Dancing !!!

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