拍数： 36 堌数： 4 级数：Improver
编舞者：Michele Perron（CAN）\＆Amy Christian（USA）－November 2010
音乐：Miss Chatelaine－k．d．lang ：（CD：Ingenue，Recollection Two CD Set）


Introduction： 36 Counts，once the＇heavy＇beat kicks in；do not begin on first lyrics，wait until＂Just a smile．．．．＂ Begin at approx 00：52［Instrumental violin section，then a pause，then begin intro count］

Cross Side Cross，Side Recover Across，Turn 1／4，Turn 1／2，Triple Forward
1\＆2 Left step across front of R，Right step side R，Left step across front of R
3\＆4 Right rock／sstep side R，Left recover side L，Right step across front of $L$
5－6 Left step back \＆crossed behind with 1／4 Turn R，Right step forward with 1／2 Turn R［9：00］
7\＆8 Left triple forward［L forward，$R$ beside，$L$ forward］
Forward Back Back（Salsa）， $1 / 4$ Turn，Cross，Side Together Side，Together，Side
1\＆2 Right rock／step forward，Left recover／step back，Right step back
3－4 Left back／side with 1／4 Turn L，Right step across front of L［6：00］
5\＆6 Left triple side $L$［ $L$ side，$R$ together，$L$ side］
7－8 Right step beside $L$ ，Left step side $L$
Turn／Side Recover Together，Side Recover Together，Forward Turn Forward，Triple Turn
1\＆2 Turn $1 / 4 \mathrm{~L}$ with Right rock／step side R，Left recover side L［in place］，Right step beside L ［3：00］
$3 \& 4$ Left rock／step side L，Right recover side $R$［in place］，Left step beside $R$
5\＆6 Right step forward，Turn 1／2 L with Left step forward，Right step forward［9：00］
7\＆8 Turn 1／2 R with Left step back，Turn 1／2 R with Right step forward，Left step forward［9：00］
Option：Triple forward with no turn
Rock，Recover，Coaster Cross，Sway，Sway，Touch Behind，Unwind
1－2 Right rock／step forward，Left Recover back［in place］
$3 \& 4 \quad$ Right step back，Left step beside R，Right step across front of $L$
5－6 Left Step side L with L Sway L，Right Sway side R
7－8 Touch Left behind R，Unwind 1／2 Turn L，weight on L［3：00］
Across Side Recover，Touch In，Touch Out，Drag
1\＆2 Right step across front of L，Rock Left side L，Right recover side R
\＆3 Touch Left beside R，Touch Left side L
$4 \quad$ Drag Left across $R$［ R knee bent］

## Begin Again

BRIDGE： 8 Counts［OCCURS on 9 o＇clock wall，AFTER three rotations／walls］
Across Side Recover，Across Side Recover，Forward Side Together，Back，Touch Out，Hold
1\＆2 Left step across front of R，Right rock／step side R，Left recover step side $L$［in place］
3\＆4
5\＆6
Right step across front of L，Left rock／step side L，Right recover step side R ［in place］
\＆ 78
Left step forward，Right Step side R，Left step beside R
Right step back，Left Toe／Touch side L，HOLD［lunge／pose（ R knee bent，L leg extended）］

