

Knowing (明白) (zh)

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Bryan McWherter (USA) - 2009年09月
音樂: I Want To Know What Love Is - Mariah Carey



- 第一段 English Cross, Chase Turn, Hold, Step, Step**
英國交叉, 踏轉踏, 候, 踏, 踏
- 1-2 Step right forward(1), step left forward(2),
右足前踏, 左足前踏
- 3-4 Turn ¼ left and step right to right side(&), cross step left over right(3), turn ¼ right & step right forward(4),
左轉90度右足右踏, 左足於右足前交叉踏, 右轉90度右足前踏
- 5&6 Step forward onto the ball of the left foot(5), turn ½ right stepping forward onto right foot(&), step forward
onto the left foot(6),
左足前踏, 右轉180度右足前踏, 左足前踏
- 7&8 Hold(7), step right foot next to left(&), step left foot forward(8)
候, 右足併踏, 左足前踏
- 第二段 Step, ¼ Turn, Cross Step, ¼ Turn, ¼ Turn, Cross Rock, Recover, Weave Left 踏 1/4, 交叉, 1/4, 1/4, 交叉
下沉 回復, 藤步**
- 1&2 Step forward onto the ball of your right foot(1), turn ¼ left stepping left out to left side(&), cross step right in
front of left(2),
右足前踏, 左轉90度左足左踏, 右足於左足前交叉踏
- 3&4 turn ¼ right stepping back onto left foot(3), turn ¼ right stepping right to right side(&), cross rock left in
front of right(4)
右轉90度左足後踏, 右轉90度右足右踏, 左足於右足前交叉下沉
- 5-6 Recover weight back onto right foot(5), step left foot left side(6),
右足回復, 左足左踏
- 8&7 Step right foot in front of left(&), step left foot to left side(7),
右足於左足前踏, 左足左踏
- 8&8 Cross step right behind left(&), step left foot to left side(8), cross step right foot in front of left(&)
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 第三段 ¼ Rock, Recover, ½ Turn, ¼ Turn, Rock, Recover, Hitch, Walk X2, Anchor Step 1/4下沉 回復, 1/2, 1/4, 下
沉 回復, 抬, 走走, 原地三步**
- 1&2 ¼ Rock left foot out to left side(1), recover weight back to right foot(&), turn ½ left stepping forward onto
left foot(2),
左轉90度左足左下沉, 右足回復, 左轉180度左足前踏
- 3&4 Make ¼ turn left & rock right foot out to right side(3), recover weight back to left(&), hitch right knee up(4),
左轉90度右足右下沉, 左足回復, 右足膝抬
- 5-6 Step forward right(5), Step forward left(6), 右足前踏, 左足前踏
- 7&8 Step right in back of left (3rd position)(7), step left in place(&), step right back(8) (anchor step)
右足於左足後踏, 左足踏, 右足後踏
- 第四段 ½ Turn, ¼ Turn, ¼ Sailor Step, ½ Turn Sailor, Rock, Recover, Step**
1/2, 1/4, 1/4轉水手, 1/2轉水手, 下沉 回復 踏
- 1-2 Make ½ turn left stepping forward onto left foot(1), make ¼ turn left stepping right foot to right side(2),
左轉180度左足前踏, 左轉90度右足右踏
- 3&4 Cross step left foot behind right(3), make ¼ turn left stepping right foot next to left(&), step left foot
forward(4),
左足於右足後交叉踏, 左轉90度右足併踏, 左足前踏
- 5&6 Cross step right foot behind left(5), make ½ turn right stepping left foot next to right(&), step right foot
forward(6),
右足於左足後交叉踏, 右轉180度左足併踏, 右足前踏

7&8 Rock left foot forward(7), recover weight back onto right foot(&) step left foot next to right(8). 左足前下沉, 右足回復, 左足併踏

TAG: Step, ½ Turn, Step, ½ Turn, Rock, Recover

加拍：踏轉, 踏轉 下沉回復

1-2 Step forward onto right foot(1), make ½ turn left stepping forward onto left(2), 右足前踏, 左轉180度左足前踏

3& Step forward onto ball of right foot(3), make ½ turn left stepping forward onto left(&), 右足前踏, 左轉180度左足前踏

4& Rock forward onto right foot(4), recover weight back to left(&).(Start again.) 右足前下沉, 左足回復
