

Not Tonight (今夜不孤單) (zh)

COPPER KNOB
STYLEDANCE

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - 2010年05月
音樂: Not Myself Tonight - Christina Aguilera



前奏: Starts After 48 Counts. 48拍後起跳

第一段 Side, Behind 1/4 Side, Back, Cross, 1/2, Mambo Step.
側, 後-1/4-側, 後, 交叉, 轉, 曼波

- 1 Step Left to Left side. 左足左踏
- 2&3 Cross step Right behind Left, make 1/4 turn to Left stepping forward on Left, step Right to Right side.
右足於左足後交叉踏, 左轉90度左足前踏, 右足右踏
- 4-5 Step back on Left, cross/lock Right over Left.
左足後踏, 右足於左足前交叉踏
- 6 Make 1/2 turn to Left stepping forward on Left.
左轉180度左足前踏
- 7&8 Rock forward on Right, recover on Left, step back on Right.
右足前下沉, 左足回復, 右足後踏

第二段 Back, Back, 1/4, 1/4, Rock & Side, Behind, Side, 1/4.
後, 後-1/4-1/4, 後下沉-回復-側踏, 後旁 1/4前

- 1 Step back on Left. 左足後踏
- 2&3 Step back on Right, make 1/4 turn to Left stepping forward on Left, 1/4 turn to Left stepping Right to Right side.
右足後踏, 左轉90度左足前踏, 左轉90度右足右踏
- 4&5 Cross rock Left behind Right, recover on Right, step Left to Left side. 左足於右足後交叉下沉, 右足回復, 左足左踏
- 6-7 Cross step Right behind Left, step Left to Left side.
右足於左足後交叉踏, 左足左踏
- 8 Make 1/4 turn to Left stepping forward on Right.
左轉90度右足前踏

****R** RESTART: Wall 2 & Wall 5, Dance up to & including Count 16.. Then Restart dance from beginning.. Count 1.**
第二面牆及第五面牆跳至此, 從頭起跳

第三段 Step, Rock & 1/2, 1/2, Side 1/8, Side 1/4, Step, Cross 1/8.
踏, 曼波轉, 轉, 1/8右, 1/4左, 踏, 1/8交叉

- 1 Step forward on Left. 左足前踏
- 2&3 Rock forward on Right, recover on Left, make 1/2 turn to Right stepping forward Right. 右足前下沉, 左足回復, 右轉180度右足前踏
- 4 Make 1/2 turn to Right stepping left next to Right.
右轉180度左足併踏
- 5-6 Make 1/8 to Right stepping Right to Right side (7:30), make 1/4 turn to Left stepping Left to Left side (4:30).
右轉45度右足右踏(面向7:30), 左轉90度左足左踏(面向4:30)
- 7-8 Step forward on Right, make 1/8 turn to Left as you plop step Left over Right (3:00) 右足前踏, 左轉45度左足於右足前交叉踏(面向3點鐘)

第四段 & 1/4, Side, Cross, 1/4 Rock, Recover, Back 1/2 Step, Step, Touch.
1/4-側, 交叉, 1/4下沉, 回復, 後-轉-踏, 踏點

- &1 Make 1/4 turn to Left stepping back on Right, step Left to Left side.
左轉90度右足後踏, 左足左踏

- 2-3 Cross step Right over Left, make 1/4 to Left rocking forward on Left.
右足於左足前交叉踏, 左轉90度左足前下沉
- 4 Recover on Right. 右足回復
- 5&6 Step back on Left, make 1/2 turn to Right stepping forward on Right, step forward Left. 左足後踏, 右轉180度右足前踏, 左足前踏
- 7-8 Step forward on Right, touch Left next to Right. 右足前踏, 左足併點
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