

Fall Apart (心力交瘁) (zh)

COPPER KNOB
STYLESHEETS

拍數: 48 牆數: 2 級數: Intermediate/Advanced
編舞者: Dee Musk (UK) - 2010年09月
音樂: Fall Apart - Sarah Connor : (3:07)



前奏 : 16 Count Intro. Approx 9 seconds.

- 第一段** **Step ½ Turn L, ¼ Turn L Rock & Cross, ¼ Turn R, ½ Turn R, Sailor ¼ Turn R. 踏 轉, 1/4曼波交叉, 1/4 1/2, 1/4轉水手**
- 1,2 Step forward on R, make a ½ turn L keeping weight back on R.
右足前踏, 左轉180度重心在右足
- 3&4 Making a ¼ turn L rock L out to L side, recover weight to R, cross step L over R. 左轉90度左足左下沉, 右足回復, 左足於右足前交叉踏
- 5,6 Make a ¼ turn R stepping forward on R, make a ½ turn R stepping back on L. 右轉90度右足前踏, 右轉180度左足後踏
- 7&8 Making a ¼ sailor turn R cross step R behind L, step L in place, step forward on R. (3 o'clock).
右90度轉水手-右轉90度右足於左足後踏, 左足踏, 右足前踏(面向3點鐘)
- 第二段** **¾ Turn L, Rock Recover, Back, Back, Hold, Back, Rock Recover.**
1/2 1/4, 下沉 回復, 後 後 候, 後 後下沉 回復
- 1,2 Recover weight onto L making a ½ turn L, make a further ¼ turn L stepping forward on R. 左轉180度左足回復, 左轉90度右足前踏
- 3,4 Rock forward on L, recover weight to R.
左足前下沉, 右足回復
- 8&5,6 Step back L, step back R, hold count 6.
左足後踏, 右足後踏, 候
- 8&7,8 Step back L, rock back on R, recover weight to L. (6 o'clock).
左足後踏, 右足後下沉, 左足回復(面向6點鐘)
- 第三段** **Back Together ¼ Turn R With Cross, ¼ Turn R, ½ Turn R, Mambo Forward, Back ½ Turn L Step. 後 併 右1/4交叉, 1/4 1/2, 前曼波, 後 轉 踏**
- 1&2 Step slightly back on R, close L beside R, making a ¼ turn R cross step R over L. 右足略後踏, 左足併踏, 右轉90度右足於左足前交叉踏
- 3,4 Make a ¼ turn R stepping back on L, make a ½ turn R stepping forward on R. 右轉90度左足後踏, 右轉180度右足前踏
- 5&6 Rock forward on L, recover weight to R, step back on L.
左足前下沉, 右足回復, 左足後踏
- 7&8 Step back on R, make a ½ turn L stepping forward on L, step forward on R. (12 o'clock).
右足後踏, 左轉180度左足前踏, 右足前踏(面向12點鐘)
- 第四段** **Mambo Forward, Full Turn Back, ¼ Turn R, Hold, Together Point Touch.**
前曼波, 轉 轉, 右1/4, 候, 併 右點 併點
- 1&2 Rock forward on L, recover weight to R, step back on L.
左足前下沉, 右足回復, 左足後踏
- 3,4 Travelling backwards, make a ½ turn R stepping forward on R, make a ½ turn R stepping back on L.
(向前移)右轉180度右足前踏, 右轉180度左足後踏
- 5,6 Make a ¼ turn R stepping R to R side, hold count 6.
右轉90度右足右踏, 候
- 8&7,8 Close L beside R, point R to R side, drag in and touch R beside L. (3 o'clock). 左足併踏, 右足右點, 右足拖併點(面向3點鐘)

第五段 **Out, Out, Chasse R, Out, Out Chasse ¼ Turn L.**
大, 大, 右追步, 大, 大, 左1/4追步

1,2 Step out R to R side, step out L to L side.
右足右踏, 左足左踏

3&4 Step R to R side, close L beside R, step R to R side.
右足右踏, 左足併踏, 右足右踏

5,6 Step out L to L side, Step out R to R side.
左足左踏, 右足右踏

7&8 Step L to L side, close R beside L, make a ¼ turn L stepping L forward. (12 o'clock). 左足左踏, 右足併踏,
左轉90度左足前踏(面向12點鐘)

*** RESTART from here DURING wall 2 - begin again facing 6 o'clock wall.**

第二面牆跳至此, 面向6點鐘, 從頭起跳

第六段 **Step Full Turn L, ½ Turning Lock Step L, Walk R, Walk L, Back Cross, Back Together.** 踏 轉圈, 轉鎖步,
走走, 後交叉, 後併

1,2 Step forward on R, make a full turn L ending with L hooked in front of R. 右足前踏, 左轉圈結束時左足於
右足前勾

3&4 Making a ¼ turn L step forward on L, cross lock R behind L, make another ¼ turn L stepping forward on
L.
左轉90度左足前踏, 右足於左足後交叉踏, 左轉90度左足前踏

5,6 Walk R, walk L. 右足前走, 左足前走

7&8& Step back on R, cross step L over R, step back on R, close L beside R. (6 o'clock).
右足後踏, 左足於右足前交叉踏, 右足後踏, 左足併踏(面向6點鐘)
