

# Running In The Wrong Direction (愛,挽回太難) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Craig Bennett (UK) & Willie Brown (SCO) - 2010年03月  
音樂: Gravity - Pixie Lott



前奏: 8 count intro. 8拍後起跳

- 第一段**      **Right Basic, Step Fwd Left, Right ½ Turn Left, Fwd Right, ¼ Turn Right Stepping Left, Right, Rock Recover**  
**基本步, 踏, 踏 轉 踏, 1/2 1/4, 交叉下沉 回復**
- 1-2&3      Step right to right side, rock back onto left, recover onto right, step forward onto left 右足右踏, 左足後下沉, 右足回復, 左足前踏
- 4&5      Step forward onto right, make a ½ turn left, step forward right [6]  
右足前踏, 左轉180度, 右足前踏(面向6點鐘)
- 6-7      Make ½ turn right stepping back onto left, make ¼ turn right stepping right to right side [3]  
右轉180度左足後踏, 右轉90度右足右踏(面向3點鐘)
- 8&      Rock left over right, recover onto right  
左足於右足前交叉下沉, 右足回復
- 第二段**      **Step Left, Right Cross Rock, Recover, 1/4 Turn Right, Forward Left, ½ Turn Right, Forward Left, Right, Full Turn Back Over Left, Left Coaster Cross**  
**左踏, 交叉下沉 回復, 1/4, 踏 轉 踏, 踏 轉 轉, 海岸交叉**
- 1-2&3      Step left to left, rock right over left, recover onto left, ¼ turn right stepping forward onto right [6]  
左足左踏, 右足於左足前交叉下沉, 左足回復, 右轉90度右足前踏(面向6點鐘)
- 4&5      Step forward onto left, make ½ turn right, step forward onto left [12]  
左足前踏, 右轉180度, 左足前踏(面向12點鐘)
- 6&7      Step forward onto right, make ½ turn left, make another ½ turn left stepping back onto right (step full turn step) [12]  
右足前踏, 左轉180度, 左轉180度右足後踏(湊成轉一圈)(面向12點鐘)
- 8&1      Step back on left, step right beside left, cross left over right  
左足後踏, 右足併踏, 左足於右足前交叉踏
- 第三段**      **Right Cross Rock Recover, Right Cross ¼ Turn Right, ¼ Turn Right, Left Cross Rock Recover, Left Sweep And Sailor, Right Behind Side Cross Rock, Recover And Right Sweep**  
**曼波交叉, 1/4 1/4 交叉 回復繞, 水手, 後 旁 前交叉下沉 回復**
- 2&3      Rock right to right side, recover on left, cross right over left  
右足右下沉, 左足回復, 右足於左足前交叉踏
- 8&4      ¼ Turn right stepping back on left, ¼ turn right stepping right to right side, rock left over right [6]  
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(面向6點鐘)
- 5      Recover back on right sweeping left out and back  
右足回復左足繞至後
- 6&7&      Cross left behind right, step right to right side, step left to left side, cross right behind left  
左足於右足後交叉踏, 右足右踏, 左足左踏, 右足於左足後交叉踏
- 8&1      Step left to left side, rock right over left, recover back on left sweeping right out and back  
左足左踏, 右足於左足前交叉下沉, 左足回復右足繞至後
- 第四段**      **Right Back Rock, Left Back Rock, Right Back Rock, Step ¾ Pivot Left, Right Side Point, Touch, Step**  
**水手步, 後水手, 後下沉 回復 踏 轉 3/4, 側點 併點 踏**
- 2&3      Rock back on right, recover on left, step right to right  
右足後下沉, 左足回復, 右足右踏

- 4&5 Rock back on left, recover on right, step left to left  
左足後下沉, 右足回復, 左足左踏
- 6&7& Rock back on right, recover on left, step forward onto right, pivot 3/4 turn left [9]  
右足後下沉, 左足回復, 右足前踏, 左軸轉270度(面向9點鐘)
- 8&1 Point right to right side, touch right beside left, step right to right side 右足右點, 右足併點, 右足右踏

**第五段 Left Sailor, ¼ Turn Left, Touch Step, Left Rock Recover, Left Coaster**  
**1/4轉水手, 點踏, 下沉回復, 海岸步**

- 2&3 Cross left behind right, make ¼ turn left stepping right in place, step forward left [6]  
左足於右足後交叉踏, 左轉90度右足踏, 左足前踏(面向6點鐘)
- 8&4 Touch right toe beside left then step forward onto right  
右足趾併點, 右足前踏
- 5-6 Rock forward left, recover right  
左足前下沉, 右足回復
- 7&8 Step back on left, step right beside left, step forward onto left  
左足後踏, 右足併踏, 左足前踏

**\*RESTART HERE WALLS 2 & 5 第二面牆, 第五面牆跳至此從頭起跳**

**第六段 Right Rock Recover, ½ Turn Right, Step Right Left, ½ Pivot Left, Step Touch, Step, Left Rock Recover**  
**Back, Right Back Rock Recover.**  
**曼波轉, 踏轉踏, 併點踏, 前曼波, 後下沉回復**

- 1&2 Rock forward right, recover back left, ½ turn right and step forward onto right [12]  
右足前下沉, 左足回復, 右轉180度右足前踏(面向12點鐘)
- 3&4 Step forward left, ½ pivot right, step forward onto left [6]  
左足前踏, 右軸轉180度, 左足前踏(面向6點鐘)
- 8&5 Touch right toe beside left then step forward onto right  
右足趾併點, 右足前踏
- 6&7 Rock forward left, recover on right, step back on left  
左足前下沉, 右足回復, 左足後踏
- 8& Rock back on right, recover on left  
右足後下沉, 左足回復
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