

Rare Form (完全走樣) (zh)

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Maurice Rowe (USA) & Melissa Daum (USA) - 2010年06月
音樂: Not Myself Tonight - Christina Aguilera



前奏: 24 count intro from hard beat, on lyrics (48 counts from start of track)

第一段 Step, Drag, Ball Cross, Out Out, Hold, Ball Side, Cross Rock Recover Side 右踏, 拖併 後踏 交叉, 大大, 候, 回 右踏, 交叉曼波

- 1 Weight starts on Left. Step Right to right 右足右踏
2 Drag Left toward Right 左足拖併
&3&4 Step Left behind Right, step Right crossed over Left, step out Left, step out Right
左足於右足後踏, 右足於左足前交叉踏, 左足左前踏, 右足右前踏
5 Hold 候
&6 Step Left to center, step Right to right
左足回踏, 右足右踏
7&8 Step Left across Right, recover weight to Right, step Left to left.
左足於右足前交叉下沉, 右足回復, 左足左踏

第二段 Cross Right Over Left, ¼, ¼, Left Forward, Shuffle, Left Forward, Spiral Full Turn Right 交叉, 1/4 1/4, 踏, 前交換, 踏, 右螺旋轉圈

- 1 Cross Right over Left 右足於左足前交叉踏
2 ¼ turn right stepping back on Left 右轉90度左足後踏
3 ¼ turn right stepping Right to right 右轉90度右足右踏
4 Step Left forward (toward 6:00) 左足前踏(面向6點鐘)
5&6 Step Right forward, step Left together with Right, step Right forward 右足前踏, 左足併踏, 右足前踏
7 Step forward on Left 左足前踏
8 Spiral full turn right (back to 6:00 wall) 右螺旋轉圈(面向6點鐘)

****RESTARTS: OCCUR on the 2nd and 5th walls.** On each, dance the first 16 counts, through the full spiral turn. To re-start step on Right for 1, drag 2, etc
第二面牆及第五面牆跳至此, 從頭起跳

第三段 Unwind 1 ¼ Turn Left, Shuffle Forward, ½ Turn Walk Around
左繞1 ¼, 前交換, 走四步轉1/2

- 1,2 Unwind 1 ¼ turn left replacing weight on Right (end facing 3:00)
左繞轉450度重心在右足(結束面向3點鐘)
3&4 Step Left forward, step Right together, step Left forward
左足前踏, 右足併踏, 左足前踏
5-8 ½ turn left walk around Right, Left, Right, Left
走步左轉180度-右, 左, 右, 左

第四段 Mambo Fwd, Coaster Back, Right Forward, ¼, ½, Weave
前曼波, 海岸步, 踏, 1/4, 1/2, 藤步

- 1&2 Rock Right forward, Recover Left, Step Right back
右足前下沉, 左足回復, 右足後踏
3&4 Step back on Left, Step Right together with Left, Step Left forward
左足後踏, 右足併踏, 左足前踏
5 Step forward on Right (toward 9:00)
右足前踏(面向9點鐘)

- 6 ¼ turn right stepping Left to left
右轉90度左足左踏
- 7 ½ turn right stepping Right to right
右轉180度右足右踏
- &&& Step Left behind Right, step Right to right, cross Left over Right
左足於右足後踏, 右足右踏, 左足於右足前交叉踏
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