

Another Day (沒有明天) (zh)

COPPER KNOB
STEPSHEDS

拍數: 48 牆數: 2 級數: Intermediate/Advanced
編舞者: Paul McAdam (UK) - 2009年10月
音樂: Like You'll Never See Me Again - Alicia Keys : (5:15)



前奏 : Count in: Approximately 25 seconds into song just before vocals "If I had no more time"

- 第一段** **Side-Rock Recover, Side-Touch, ½ Touch, Side, Rock Recover, Side Rock, Cross**
側, 下沉回復, 側 點, 1/2點, 側, 下沉 回復, 側 下沉, 交叉
- 1,2& Step left foot to left side, rock back on right foot, recover on left 左足左踏, 右足後下沉, 左足回復
a3 Step right foot to right side, touch left toe next to right
右足右踏, 左足趾併點
- 4& Make a ¼ turn left and step forward on left, pivot a ¼ turn left on left foot and touch right toe next to left
左轉90度左足前踏, 左轉90度右足併點(12點鐘)
- 5,6& Step right foot to right side, rock back on left foot, recover on right 右足右踏, 左足後下沉, 右足回復
a7 Rock left foot out to left side, recover on right
左足左下沉, 右足回復
- 8 Cross left foot over right 左足於右足前交叉踏
- 第二段** **Unwind Full Turn Sweep, Behind-Side-Cross, Behind ¼ Step ½ Turn Step, Full Turn, Step ½ Turn**
繞轉圈, 後-側-交叉, 後1/4踏1/2, 轉圈, 踏轉
- &1 Unwind a full turn right, sweep right foot back
右繞轉圈, 右足繞後
- 2&3 Cross right foot behind left, step left foot to left side, rock right foot over left
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉下沉
- 4& Recover weight back onto left, make a ¼ turn right and step forward on right foot 左足回復, 右轉90度右足前踏(3點鐘)
- 5&6& Step forward on left foot, Pivot a ½ turn right, step forward on left, make a ½ turn left and step back on right
左足前踏, 右轉180度, 左足前踏, 左轉180度右足後踏(3點鐘)
- 7&8& Make a ½ turn left and step forward on left foot, step forward on right foot, step forward on left foot, pivot ½ turn right
左轉180度左足前踏, 右足前踏, 左足前踏, 右轉180度(3點鐘)
- 第三段** **¼ Turn Side, Rock Recover, Side, Cross ½ Turn Side, Rock, Recover, Side, Cross ½ Turn**
1/4側, 下沉回復, 側, 交叉1/2側, 下沉 回復 側, 交叉 1/2
- 1,2& Make a ¼ turn right and step left foot to left side, rock back on right foot, recover on left
右轉90度左足左踏, 右足後下沉, 左足回復(6點鐘)
- 3,4& Step right foot to right side, cross left foot over right, make a ¼ turn left and step back on right
右足右踏, 左足於右足前交叉踏, 左轉90度右足後踏(3點鐘)
- 5,6& Make a ¼ turn left and step left foot to left side, rock back on right foot, recover on left
左轉90度左足左踏, 右足後下沉, 左足回復(12點鐘)
- 7,8& Step right foot to right side, cross left foot over right, make a ¼ turn left and step back on right
右足右踏, 左足於右足前交叉踏, 左轉90度右足後踏(9點鐘)
- 第四段** **¼ Turn Side, Cross Rock, Side, Cross Rock, Coaster-Step-Lock-Step, ½ Touch, Full Monterey Turn**
1/4側, 交叉下沉, 側, 交叉下沉, 海岸鎖步轉點, 轉圈
- 1,2& Make a ¼ turn left and step left foot to left side, cross rock right foot over left, recover weight onto left
左轉90度左足左踏, 右足於左足前交叉下沉, 左足回復(6點鐘)
- 3,4& Step right foot to right side, cross rock left foot over right, recover weight onto right
右足右踏, 左足於右足前交叉下沉, 右足回復
- 5&6 Step back on left foot, step right foot next to left, step forward on left foot 左足後踏, 右足併踏, 左足前踏
- &7&8 Lock right foot behind left, step left foot forward, pivot a quick ½ turn left on left foot, touch right toe out to right side
(angle your upper body left)
右足於左足後踏, 左足前踏, 左轉180度, 右足趾右點(上半身向左轉)(12點鐘)
- & Pivot a full turn right taking weight on right (next to left)towards end of rotation 重心在右足右轉圈(12點鐘)

第五段 Box ¼ Turn Basics X4 基本步方塊轉四次

- 1,2& Step left foot to left side, rock back on right foot, recover weight onto left foot 左足左踏, 右足後下沉, 左足回復
- 3,4& Make a ¼ turn left and step right foot to right side, rock back on left foot, recover weight onto right
左轉90度右足右踏, 左足後下沉, 右足回復(9點鐘)
- 5,6& Make a ¼ turn left and step left foot to left side, rock back on right foot, recover weight onto left
左轉90度左足左踏, 右足後下沉, 左足回復(6點鐘)
- 7,8& Make a ¼ turn left and step right foot to right side, rock back on left, recover weight onto right
左轉90度右足右踏, 左足後下沉, 右足回復(3點鐘)

第六段 Side Rock, Weave Sweep, Behind Side Cross, Step ½ Turn Touches, ¾ Turn 側下沉, 藤步繞, 後旁交叉, 踏轉點, 轉3/4

- 1&2 Make a ¼ turn left and rock left foot out to left side, recover weight onto right, cross left foot over right
左轉90度左足左下沉, 右足回復, 左足於右足前交叉踏(12點鐘)
- &3 Step right foot to right side, cross left foot behind right and sweep right foot back 右足右踏, 左足於右足後踏右足繞至後
- 4&5 Cross right foot behind left, step left foot to left side, cross right foot over left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 6&7& Step forward on left foot, pivot ½ turn right, touch left toe next to right, touch left toe out to left side
左足前踏, 右軸轉180度, 左足趾併點, 左足趾左點(6點鐘)
- 8& Make a ¼ turn left and step left foot forward, make a ½ turn left and step back on right foot
左轉90度左足前踏, 左轉180度右足後踏(9點鐘)
- 1 Make a ¼ turn left and step left foot to left side to start dance again 左轉90度接續第1拍的左足左踏(6點鐘)

TAG: At the END of the 1 wall and the 3 wall, AFTER the ¾ turn left, repeat steps 33-40 the box turn basics UP TO COUNT 7. weight is on right foot- slide left toe up to right, for counts 8& make a ½ turn left and step forward on left, make a ½ turn left and step back on right, Then make the extra ¼ turn left to start the dance again stepping left foot to left side.

加拍：第一面牆及第三面牆結束時,重覆跳第五段

跳到第五段第7拍重心在右足時, 左足趾滑向右足, 8&時改成左轉180度左足前踏, 左轉180度右足後踏, 再左轉90度接續第1拍的左足左踏, 從頭起跳
