

# My One Desire (唯一的渴望) (zh)

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - 2009年01月  
音樂: You're the Reason - Dr. Victor & The Rasta Rebels : (CD: If You Wanna Be Happy)



前奏: Start after 16 count intro on vocals

**第一段** R Cross Rock Side, L Cross Rock  $\frac{1}{4}$  L,  $\frac{3}{4}$  L Turn & R Side, L Cross Rock Side 右交叉下沉踏, 左交叉下沉左轉 $\frac{1}{4}$ , 左轉 $\frac{3}{4}$ 右踏, 左交叉下沉踏

1&2 Cross rock R over L, recover weight on L, step R side  
交叉曼波 右足於左足前交叉下沉, 左足回復, 右足右踏

3&4 Cross rock L over R, recover weight on R, turning  $\frac{1}{4}$  left step L forward 左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏  
交叉曼波 轉

5&6 Step R forward, pivot  $\frac{1}{2}$  left, turning  $\frac{1}{4}$  left step R side (12 o'clock)  
踏轉90 右足前踏, 左轉180度, 左轉90度右足右踏(面向12點鐘)

7&8 Cross rock L over R, recover weight on R, step L side  
交叉曼波 左足於右足前交叉下沉, 右足回復, 左足左踏

**第二段** Weave L 2, Syncopated Weave With Hitch Turning  $\frac{1}{4}$  R, L Fwd Shuffle, R Chase Turn 左二步藤步, 變奏藤步抬右轉 $\frac{1}{4}$ , 左前交換, 右轉追步

1-2 Cross step R over L, step L side  
交叉踏 右足於左足前交叉踏, 左足左踏

3& Cross step R behind L, step L side  
交叉踏 右足於左足後交叉踏, 左足左踏

4& Cross step R over L, hitch L up turning  $\frac{1}{4}$  right  
交叉抬轉 右足於左足前交叉踏, 左足抬右轉90度

5&6 Step L forward, step R together, step L forward (or lock step)  
前交換 左足前踏, 右足併踏, 左足前踏

7&8 Step R forward, pivot  $\frac{1}{2}$  left, step R forward (9 o'clock)  
踏轉踏 右足前踏, 左轉180度, 右足前踏(面向9點鐘)

**第三段** L & R Fwd Hip Bumps, L Fwd Mambo, R Back Mambo  
左前推臀, 右前推臀, 左前曼波, 右後曼波

1&2 Stepping L forward bump hips L/R/L  
前推臀 左足前踏推臀-左, 右, 左

3&4 Stepping R forward bump hips R/L/R  
前推臀 右足前踏推臀-右, 左, 右

5&6 Rock L forward, recover weight on R, step L back  
前曼波 左足前下沉, 右足回復, 左足後踏

7&8 Rock R back, recover weight on L, step R forward (9 o'clock)  
後曼波 右足後下沉, 左足回復, 右足前踏(面向9點鐘)

**第四段** L Side Rock & Recover Into R Meringue With Flick, R Cross Step, L Back,  $\frac{1}{2}$  R Coaster Step, L Fwd On L Diagonal

左下沉回復 重覆併右踏最後帶抬, 右交叉, 左後, 右 $\frac{1}{2}$ 海岸, 左斜前

1& 下沉回復  
Rock L side, recover weight on R 左足左下沉, 右足回復

- 2& 併踏 Step L together, step R side 左足併踏, 右足右踏
- 3& 併踏 Step L together, step R side 左足併踏, 右足右踏
- 4 併抬 Step L together & flick R back 左足併踏右足後抬
- 5-6 交叉踏 Cross step R over L, step L back 右足於左足前交叉踏, 左足後踏
- 7& 轉併 Sweeping R ½ right step R back, step L together  
右足繞轉180度右足後踏, 左足併踏
- 8& 併踏 Step R together, step L slightly forward on L diagonal (3 o'clock)  
右足併踏, 左足略向斜角線前踏(面向3點鐘)

**TAGS:** At the END of EVER 2nd wall (AFTER wall 2, 4, 6 & 8) ADD the following 16 count tag and then begin the dance again from the beginning. Also note the dance will finish with the tag.  
在偶數面牆(第二,四,六,八面牆)加下面16拍後再從頭起跳, 舞曲會結束在這16拍

### 第一段

**Walk fwd R & L, R chase turn, walk fwd L & R, L chase turn**  
**前走-右&左, 右轉追步, 前走-左&右, 左轉追步**

- 1-2 走走 Step R forward, step L forward 右足前踏, 左足前踏
- 3&4 踏轉踏 Step R forward, pivot ½ left, step R forward  
右足前踏, 左轉180度, 右足前踏
- 5-6 走走 Step L forward, step R forward 左足前踏, 右足前踏
- 7&8 踏轉踏 Step L forward, pivot ½ right, step L forward  
左足前踏, 右轉180度, 左足前踏

### 第二段

**R full paddle turn, L full paddle turn**  
**右划槳轉圈, 左划槳轉圈**

- 1&2&3&4& 右轉圈 Over the next 4 counts execute a full turn R 以划槳步右轉圈
- 5&6&7&8& 左轉圈 Over the next 4 counts execute a full turn L 以划槳步左轉圈
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