

# Inhibitions (愛無限) (zh)

COPPER KNOB  
STYLEDANCE

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - 2008年07月  
音樂: Inhibitions - Alcazar



前奏: Start on verse vocals on the word ... IF

- 第一段**      **R Side Touch, Hold, L & R Side Switches, R Fwd Rock & Recover, R Ball Cross** 右點, 候, 收點數點, 下沉 回復-後-交叉, 右
- 1-2      Touch R toes side, hold 右足趾右點, 候
- &3&4      Step R together, touch L toes side, step L together, touch R toes side 右足併踏, 左足趾左點, 左足併踏, 右足趾右點
- 5-6      Rock R forward, recover weight on L  
右足前下沉, 左足回復
- &7-8      Step R back, cross step L over R, step R side  
右足後踏, 左足於右足前交叉踏, 右足右踏
- 第二段**      **Weave R 2, L Cross Rock & Recover, L Ball Cross Into ½ R Hinge Turn, L Cross Step** 後 旁 前下沉 回復-後-交叉 1/4後, 1/4旁, 前交叉
- 1-4      Cross step L behind R, step R side, cross rock L over R, recover weight on R 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉下沉, 右足回復
- &5-6      Step L back, cross step R over L, turning ¼ right step L back  
左足後踏, 右足於左足前交叉踏, 右轉90度左足後踏
- 7-8      Turning ¼ right step R side, cross step L over R (6 o'clock)  
右轉90度右足右踏, 左足於右足前交叉踏(面向6點鐘)
- 第三段**      **R Side Hold, R Side, L Touch Together, Vine L With ¼ L**  
右 候-併-右, 併點, 左華倫轉1/4
- 1-2&      Step R side, hold, step L together 右足右踏, 候, 左足併踏
- 3-4      Step R side, touch L together 右足右踏, 左足併點
- 5-8      Step L side, cross R behind L, turning ¼ left step L forward, step R forward (3 o'clock)  
左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏(3點鐘)
- 第四段**      **L Fwd Rock & Recover, L Together, R Touch Step, Hold, L Fwd Rock & Recover, L Coaster Cross**  
下沉 回復-併-併點 候-踏-下沉 回復, 海岸交叉
- 1-2      Rock L forward, recover weight on R  
左足前下沉, 右足回復
- &3-4      Step L together, touch R together (R knee popped forward), hold  
左足併踏, 右足併點(右膝彈), 候
- &5-6      Step right foot in place, rock L forward, recover weight on R  
右足踏, 左足前下沉, 右足回復
- 7&8      Step L back, step R together, cross step L over R  
左足後踏, 右足併踏, 左足於右足前交叉踏
- 第五段**      **R Toe Strut, L Back Rock & Recover, Vine L With L Ball Cross ¼ L Turn** 趾踵步, 後下沉 回復, 左華倫帶1/4
- 1-4      Touch R toes side, step R heel down, rock L back, recover weight on R 右足趾右點, 右足踵踏, 左足後下沉, 右足回復
- 5-6      Step L side, cross step R behind L  
左足左踏, 右足於左足後交叉踏
- &7-8      Step L side, cross step R over L, turning ¼ left step L forward (12 o'clock)  
左足左踏, 右足於左足前交叉踏, 左轉90度左足前踏(面向12點鐘)

- 第六段** Turn ¼ L & R Toe Strut, L Back Rock & Recover, Vine L With L Ball Cross ¼ L Turn 1/4趾踵, 後下沉 回復, 左華倫帶1/4
- 1-4 Turning ¼ left step R toe side, step R heel down, rock L back, recover weight on R 左轉90度右足趾右踏, 右足踵踏, 左足後下沉, 右足回復
- 5-6 Step L side, cross step R behind L  
左足左踏, 右足於左足後交叉踏
- &7-8 Step L side, cross step R over L, turning ¼ left step L forward (6 o'clock) 左足左踏, 右足於左足前交叉踏, 左轉90度左足前踏(6點鐘)

**第七段** ¾ L Turn, R & L Cross Points, R Coaster Step  
1/2 1/4, 交叉點 交叉點, 海岸步

- 1-2 Turning ½ Left Step R Back, Turning ¼ Left Step L Side (9 o'clock)  
左轉180度右足後踏, 左轉90度左足左踏(面向9點鐘)
- 3-6 Cross step R over L, point L side, cross step L over R, point R side  
右足於左足前交叉踏, 左足左點, 左足於右足前交叉踏, 右足右點
- 7&8 Step R back, step L together, step R forward  
右足後踏, 左足併踏, 右足前踏

(On final wall you will get this far, step L forward and strike a pose!)  
最後結束時跳至此, 左足前踏, 擺個姿勢結束舞曲

**第八段** L Fwd Rock & Recover, ¼ L & L Together, R Fwd, ¼ L Pivot Turn, R Jazz Box 下沉 回復-1/4-踏 1/4, 爵士方塊

- 1-2 Rock L forward, recover weight on R  
左足前下沉, 右足回復
- &3-4 Turning ¼ left step L together, step R forward, pivot ¼ left  
左轉90度左足併踏, 右足前踏, 左軸轉90度
- 5-8 Cross step R over L, step L back, step R side, step L forward (3 o'clock) 右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前踏(面向3點鐘)
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