

# Senseless Cha (心碎恰恰) (zh)

COPPER KNOB  
BY STEPHEN T. S.

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - 2009年04月  
音樂: Love Me Senseless - Agnes



前奏: Starts after 48 Counts 48拍後起跳

**第一段**      **Rock, Recover, Step, Lock Step Back, 1/2, 1/4 Sweep, Cross & Cross.**  
下沉, 回復, 踏, 後鎖步, 1/2, 1/4繞, 交叉 & 交叉

1-3      Rock forward on Left, recover on Right, step back on Left.  
左足前下沉, 右足回復, 左足後踏

4&5      Step back on Right, lock Left across Right, step back on Right.  
右足後踏, 左足於右足前鎖步, 右足後踏

6-7      Make 1/2 turn Left stepping forward on Left, make 1/4 Left as you sweep Right out. [3:00]  
左轉180度左足前踏, 左轉90度右足繞至前(面向3點鐘)

8&1      Cross step Right over Left, step Left to Left side, cross step Right over Left. 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

**第二段**      **1/4, Back, Coaster Step, 1/4 Cross, Side Behind & Step.**  
1/4, 後, 海岸步, 1/4交叉, 側後 & 踏

2-3      Make 1/4 turn to Right stepping back on Left, step back on Right. [6:00]  
右轉90度左足後踏, 右足後踏(面向6點鐘)

4&5      Step back on Left, step Right next to Left, step forward on Left.  
左足後踏, 右足併踏, 左足前踏

6-7      Make 1/4 turn to Right as you cross step Right over Left, step Left to Left side. [9:00] 右轉90度右足於左足前交叉踏, 左足左踏(9點鐘)

8&1      Cross step Right behind Left, step Left to Left side, step Right in front of Left (slightly across)  
右足於左足後交叉踏, 左足左踏, 右足於左足前略交叉踏

**第三段**      **Hold, 1/2 Pivot, Right Lock Step, Rock Recover, Left Lock Step Back.**  
候, 轉1/2, 右鎖步, 下沉回復, 左後鎖步

2-3      Hold, pivot 1/2 turn to Left. 候, 左軸轉180度

4&5      Step forward on Right, lock Left behind Right, step forward on Right. [3:00] 右足前踏, 左足於右足前鎖步, 右足前踏(面向3點鐘)

6-7      Rock forward on Left, recover on Right. 左足前下沉, 右足回復

8&1      Step back on Left, lock Right across Left, step back on Left.  
左足後踏, 右足於左足前鎖步, 左足後踏

**第四段**      **Sway, Sway, Sailor Step, Behind, Side, Cross & Cross.**  
擺臀, 擺臀, 水手步, 後, 側, 交叉 & 交叉

2-3      Sway hips to Right, sway hips to Left. 右擺臀, 左擺臀

4&5      Cross step Right behind Left, step Left to Left side, step Right to Right side. 右足於左足後交叉踏, 左足左踏, 右足右踏

6-7      Cross step Left behind Right, step Right to Right side.  
左足於右足後交叉踏, 右足右踏

8&1      Cross step Left over Right, step Right to Right side, cross step Left over Right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

**第五段**      **Monterey 1/2, Left Lock Step, Rock, Recover, Coaster Step.**  
蒙特瑞轉, 左鎖步, 下沉回復, 海岸步

- 2-3 Point Right to Right side, make 1/2 turn to Right stepping Right next to Left. [9:00] 右足右點, 右轉180度  
右足併踏(面向9點鐘)
- 4&5 Step forward on Left, lock Right behind Left, step forward on Left.  
左足前踏, 右足於左足後鎖步, 左足前踏
- 6-7 Rock forward on Right, recover on Left. 右足前下沉, 左足回復
- 8&1 Step back on Right, step Left next to Right, step forward on Right.  
右足後踏, 左足併踏, 右足前踏

**第六段 Rock, Recover, 3/4 Shuffle, Step 1/2, Shuffle 1/2.**  
下沉, 回復, 轉3/4交換, 踏轉, 轉交換

- 2-3 Rock forward on Left, recover Right. 左足前下沉, 右足回復
- 4&5 Make 3/4 shuffle turn to Left stepping L-R-L [12:00]  
左270度轉交換-左, 右, 左(面向12點鐘)
- 6-7 Step forward on Right, make 1/2 turn to Right stepping back on Left.  
右足前踏, 右轉180度左足後踏
- 8&1 Make 1/2 shuffle turn to Right stepping R-L-R. [12:00]  
右180度轉交換-右, 左, 右(面向12點鐘)

**第七段 Point, Cross, Rock & Touch, Point, Cross, Rock & Step.**  
點, 交叉, 下沉 & 點, 點, 交叉, 下沉 & 踏

- 2-3 Point Left to left side, cross step Left over Right.  
左足左點, 左足於右足前交叉踏
- 4&5 Rock to Right side on Right, recover on Left, touch Right across Left.  
右足右下沉, 左足回復, 右足於左足前交叉點
- 6-7 Point Right to Right side, cross step Right over Left.  
右足右點, 右足於左足前交叉踏
- 8&1 Rock to Left side on Left, recover on Right, \*R\*, step Left slightly across Right. 左足左下沉, 右足回復,  
左足略於右足前交叉踏

**\*\*RESTART: Wall 5 [Facing 12:00].**.. Dance Up To & Including Counts 8& Of Section 7 Then Restart Dance From Count 1

第五面牆(面向12點鐘)跳至第七段的8&時接續第一段從頭起跳

**第八段 Rock, Recover, Shuffle 1/2 , Rock, Recover, Sailor 1/4 Rock.**  
下沉, 回復, 轉交換, 下沉, 回復, 轉水手下沉

- 2-3 Rock forward on Right, recover on Left. 右足前下沉, 左足回復
- 4&5 Make 1/2 shuffle to Right stepping R-L-R. [6:00]  
右180度轉交換-右, 左, 右(面向6點鐘)
- 6-7 Rock forward on Left, recover on Right. 左足前下沉, 右足回復
- 8&1 Cross step Left behind Right as you make 1/4 turn to Left, step Right next to Left, Rock forward Left.  
[3:00]  
左足於右足前交叉左轉90度, 右足併踏, 左足前下沉(面向3點鐘)

**TAG: END of Wall 2, [Facing 6:00]** 加拍:第二面牆結束, 面向6點鐘時

**Step, Pivot, Right Shuffle, Step, Pivot, Left Shuffle.**  
踏, 轉, 前交換, 踏, 轉, 前交換

- 2-3 Step forward on Right, pivot turn 1/2 to Left.  
右足前踏, 左軸轉180度
- 4&5 Step forward on Right, step Left next to Right, step forward on Right.  
右足前踏, 左足併踏, 右足前踏
- 6-7 Step forward on Left, pivot 1/2 turn to Right.  
左足前踏, 右軸轉180度
- 8&1 Step forward on Left, step Right next to Left, step forward on Left.  
左足前踏, 右足併踏, 左足前踏

**Side Rock, Behind & Cross, Side Rock, Behind & Step.**

**側下沉, 後 & 交叉, 側下沉, 後 & 交叉**

- 2-3 Rock to Right side on Right, recover on Left. 右足右下沉, 左足回復
- 4&5 Cross step Right behind Left, step Left to left side, cross step Right 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 Rock to Left side on Left, recover on Right. 左足左下沉, 右足回復
- 8&(1) Cross step Left behind Right, step Right to Right side (Rock forward on Left) 左足於右足後交叉踏, 右足右踏(接續第1拍的左足前下沉)
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