

Not Together Now (zh)

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - 2011年02月
音樂: U Get On My Nerves - Jazmine Sullivan



前奏: Starts On 32 counts 32拍後起跳

第一段 Step, Step 1/2 Turn 1/2, 1/4 Rock & Cross, 1/4, Mambo Step

- 1 Step forward on Left 左足前踏
- 2&3 Step forward on Right, pivot 1/2 turn to Left, make 1/2 turn to Left stepping Right next to Left
右足前踏, 左軸轉180度, 左轉180度右足併踏
- 4&5 Make 1/4 turn to Left rocking Left to Left side, recover on Right, cross step Left over Right
左轉90度左足左下沉, 右足回復, 左足於右足前交叉踏
- 6 Make 1/4 turn to Right stepping Right forward
右轉90度右足前踏
- 7&8 Rock forward on Left, recover on Right, step back on Left
左足前下沉, 右足回復, 左足後踏

第二段 1/2, 1/4, Together, Cross, 3/4 Run Around, 1/4 Weave Circle

- 8&1 Make 1/2 turn to Right stepping forward on Right, 1/4 turn to Right stepping Left to Left side. (9:00)
右轉180度右足前踏, 右轉90度左足左踏(面向9點鐘)
- 2-3 Step Right next to & slightly behind Left, cross step Left over Right 右足併踏(略左足後踏), 左足於右足前交叉踏
- 4&5 Make 3/4 turn to Right running in arc Right- Left-Right (6:00)
以弧形三步右轉270度-右, 左, 右(面向6點鐘)
- 6&7& Cross step Left over Right, make 1/8 turn to Left stepping back on Right, step back on Left, cross step Left behind Right
左足於右足前交叉踏, 左轉45度右足後踏, 左足後踏, 左足於右足後交叉踏
- 8&1 Make 1/8 turn Left stepping Left to Left side, step forward on Right, step forward on Left (3:00)
左轉45度左足左踏, 右足前踏, 左足前踏(面向3點鐘)
(Counts 4 thru 8 will make a circle shape) 4-8拍湊成轉一個圓圈

****RESTART: Wall 4 & Wall 9 Dance Up To & Including Counts 8& (16&) in Section 2.. Then Restart From Beginning.** 第四面牆及第九面牆跳至8&後, 從頭起跳

第三段 1/2, 1/2, 1/4, Back Rock Side, Back Rock Side, 1/8 Turn Back Back 1/2

- 2&3 Make 1/2 turn to Left stepping back on Right, make 1/2 turn to Left stepping forward on Left make 1/4 turn to Left stepping Right to side. (12:00)
左轉180度右足後踏, 左轉180度左足前踏, 左轉90度右足右踏(12點鐘)
- 4&5 Cross rock Left behind Right, recover on Right, step Left to Left side 左足於右足後交叉下沉, 右足回復, 左足左踏
- 6&7 Cross rock Right behind Left, recover on Left, step Right to Right side 右足於左足後交叉下沉, 左足回復, 右足右踏
- 8&1 Make 1/8 turn to Left as you step back on Left, step back on Right, make 1/2 turn to Left as you step forward on Left. (4:30)
左轉45度左足後踏, 右足後踏, 左轉180度左足前踏(面向4:30)

第四段 Mambo Step, Back 3/8 Turn Step, Step 1/2 Step, 1/2

- 2&3 Rock forward on Right, recover back on Left, step back on Right
右足前下沉, 左足回復, 右足後踏
- 4&5 Step back on Left, make 3/8 turn to Right stepping forward on Right, step forward Left. (9:00)
左足後踏, 右轉135度右足前踏, 左足前踏(面向9點鐘)

- 6&7 Step forward Right, pivot 1/2 turn Left, step forward Right. (3:00) 右足前踏, 左軸轉180度, 右足前踏(面向3點鐘)
- 8& Make 1/2 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right 右轉180度左足後踏, 右轉180度右足前踏
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