拍數： 64
嚆數： 4
級數：Intermediate
編舞者：Chris Mann（AUS）－March 2011
音樂：Simple and Clean－Hikaru Utada ：（Album：This Is The One－5：03）

Begin after 36 counts（or 4 counts of silence）with weight on the left foot．
［1－8］Roll $1 / 2$ forward，shuffle back，rock back，recover，samba forward
$1,2,3 \& 4 \quad$ Step forward on right，turn $1 / 2$ right and step back on left，shuffle back stepping right，left，right
5， $6 \quad$ Rock back on right，recover weight on left
7\＆8 Step forward on left，rock right to side，recover weight on left
［9－16］Cross，rock，side，cross shuffle，side rock cross shuffle
1，2，3 Rock right across left，recover weight on left，step right to side
4\＆5 Cross shuffle left over right stepping left，right，left
$6 \& 7 \& 8 \quad$ Rock right to side，recover weight on left，cross shuffle right over left stepping right，left，right
［17－24］ $1 / 4$ turn，coaster back，coaster forward，coaster back with pivot $1 / 2$
1，2\＆3 Turn $1 / 4$ right and step back on left，step right back，left beside right，step right forward 4\＆5 Step left forward，right beside left，left back
$6 \& 7,8 \& \quad$ Step right back，left beside right，right forward，turn $1 / 2$ left transferring weight to left，step right beside left
［25－32］Diagonal rock，recover，shuffle x2
1，2，3\＆4 Rock left slightly forward，replace weight on right，shuffle diagonally forward－left stepping left， right，left
5，6，7\＆8 Rock right slightly forward，replace weight on left，shuffle diagonally forward－right stepping right，left，right
［33－40］Cross，back，side $\times 2$ ，cross rock，recover，sailor $1 / 2$
1\＆2， $3 \& 4$ Step left across right，step right back，step left to side，step right across left，step left back， step right to side
5， $6 \quad$ Rock left across right，recover weight on right
7\＆8 Step left behind right，turn $1 / 2$ left and step right to side，step left forward（＊）
［41－48］Cross，point，behind， $1 / 4$ ，step x2
1，2 Step right across left，point left to side
$3 \& 4 \quad$ Step left behind right，step right to side and turn $1 / 4$ right，step left forward
5－8 Repeat last 4 counts
［49－56］Rock forward，recover，triple $1 \frac{1}{2}$ back，step together，rock back，recover，pivot $1 / 2$
1，2 Rock forward on right，recover weight on left
$3 \& 4$ Turn $11 / 2$ right travelling back and stepping right，left，right（alt：shuffle $1 / 2$ turn）
\＆5，6 Step left beside right，rock back on right，recover weight on left
$7,8 \quad$ Step forward on right，turn $1 / 2$ left transferring weight to left
［57－64］Step forward，tap，back，rock forward， $1 / 2$ turn switch，rock forward，shuffle back，forward
1，2 Step forward on right，touch left beside right
$\& 3,4 \& \quad$ Step back on left，rock forward on right，recover weight on left，step right beside left turning $1 / 2$ right
$5,6 \& 7,8 \quad$ Rock forward on left，shuffle back stepping right，left，right，step left forward
［64］Repeat dance facing new wall（dance turns counter－clockwise）

Restart: On wall 2, dance up to count $40\left(^{*}\right.$ ), then begin the dance again.
Finish: On wall 7, dance up to count $40\left(^{*}\right.$ ), but sailor turn $3 / 4$ to face the front.
Contact: chris DOT mann AT velocitynet DOT com DOT au

