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| I Can Lose My Heart Tonight (今夜我要愛上你) (zh) |  |

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| **拍数:** | 64 | **墙数:** | 4 | **级数:** | Phrased Improver | . |
| **编舞者:** | Amy Yang (TW) - 2017年06月 |
| **音乐:** | I Can Lose My Heart Tonight by (Discoteka 80 Moscow) C.C. Catch  |
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**Intro : 32 counts - Sequence of dance : B A A A(16) B / A A A A A A A(16)**

**PART A – 32 counts**

**Sec . A1: CROSS, POINT(R&L), JAZZ BOX**

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| 1 – 4 | Cross RF over LF, Point LF to L, Cross LF over RF, Point RF to R |

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| 5 – 8 | Cross RF over LF, Step LF back, Step RF to R, Cross LF over RF |

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| 1 - 4 | 右足交叉左足前,左足左側點,左足交叉右足前,右足右側點 |

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| 5 - 8 | 右足交叉左足前,左足後踏,右足右踏,左足交叉右足前 |

**Sec. A2: SIDE, RECOVER, CROSS SHUFFLE, SIDE, BEHIND, 1/4 TURN L FORWARD, BRUSH**

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| 1-2,3&4 | Step RF to R, Recover onto LF, Cross RF over LF, Step LF to L, Cross RF over LF |

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| 5 – 8 | Step LF to L, Cross RF behind LF, 1/4 turn L step LF forward, Brush RF forward(09:00) |

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| 1-2,3&4 | 右足右踏,重心回左足,右足交叉左足前,左足左踏,右足交叉左足前 |

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| 5 – 8 | 左足左踏,右足交叉左足後,左轉 1/4左足前踏,右足前刷(09:00) |

**Sec . A3: TOE STRUT AND HIP BUMP(R&L), FORWARD, RECOVER, COASTER**

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| 1 - 4 | Touch RF toe forward with hip bump, Step RF heel down, Touch LF toe forward with hip bump, Step LF heel down |

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| 5-6,7&8 | Step RF forward, Recover onto LF, Step RF back, Step LF beside RF, Step RF forward |

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| 1 - 4 | 右足尖前點及推臀,右足腳跟踏下,左足尖前點及推臀,左足腳跟踏下 |

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| 5-6,7&8 | 右足前踏,重心回左足,右足後踏,左足併於右足旁,右足前踏 |

**Sec. A4: FORWARD, RECOVER, 1/2 TURN L FORWARD SHUFFLE, SWAY**

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| 1-2,3&4 | Step LF forward, Recover onto RF, 1/2 turn L step LF forward, Lock RF behind LF, Step LF forward(03:00) |

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| 5 - 8 | Step RF to R then sway hip R、L、R、L |

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| 1-2,3&4 | 左足前踏,重心回右足,左轉 1/2 左足前踏,右足鎖步於左足後,左足前踏(03:00) |

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| 5 – 8 | 右足右踏然後擺臀右、左、右、左 |

**PART B – 32 counts**

**Sec . B1 SIDE MAMBO(R&L), MAMBO(FORWARD&BACK)**

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| 1&2,3&4 | Step RF to R, Recover onto LF, Step RF beside LF, Step LF to L, Recover onto RF, Step LF beside RF |

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| --- | --- |
| 5&6,7&8 | Step RF forward, Recover onto LF, Step RF back, Step LF back, Recover onto RF, Step LF forward |

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| --- | --- |
| 1&2,3&4 | 右足右踏,重心回左足,右足併於左足旁,左足左踏,重心回右足,左足併於右足旁 |

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| 5&6,7&8 | 右足前踏,重心回左足,右足後踏,左足後踏,重心回右足,左足前踏 |

**Sec. B2: WALK FORWARD( R, L, R ), TOUCH, WALK BACK( L, R, L ), TOUCH**

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| 1 - 4 | Walk forward R, L, R, Touch LF forward |

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| 5 - 8 | Walk back L, R, L, Touch RF back |

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| 1 - 4 | 前進走步右足、左足、右足,左足前點 |

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| 5 - 8 | 後退走步左足、右足、左足,右足後點 |

**Sec . B3: SIDE, TOUCH(R&L), ROLLING VINE, TOUCH**

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| --- | --- |
| 1 - 4 | Step RF to R, Touch LF behind RF, Step LF to L, Touch RF behind LF |

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| 5 - 8 | 1/4 turn R stepping forward on RF, 1/2 turn R stepping back on LF, 1/4 turn R stepping RF to R, Touch LF to L(12:00) |

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| 1 – 4 | 右足右踏,左足點收於右足後,左足左踏,右足點收於左足後 |

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| 5 - 8 | 右轉 1/4右足前踏,右轉 1/2 左足後踏,右轉1/4 右足右踏,左足點於左側 (12:00) |

**Sec . B4: SIDE, TOUCH(L&R), ROLLING VINE, TOUCH**

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| --- | --- |
| 1 - 4 | Step LF to L, Touch RF behind LF, Step RF to R, Touch LF behind RF |

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| 5 - 8 | 1/4 turn L stepping forward on LF, 1/2 turn L stepping back on RF, 1/4 turn L stepping LF to L, Touch RF to R(12:00) |

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| 1 – 4 | 左足左踏,右足點收於左足後,右足右踏,左足點收於右足後 |

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| 5 - 8 | 左轉 1/4左足前踏,左轉 1/2右足後踏,左轉1/4左足左踏,右足點於右側 (12:00) |

**Start again**

**Ending : During wall 12, after 16 counts. Pivot 1/2 turn L to face the front(facing 12:00 )**

**結束:第十二面牆,跳16拍後,左轉 1/2 面向前(面向12: 00)**

**Have Fun & Happy Dancing!**

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