A Million Tears (無盡的淚) (zh)

拍数: 80 **墙数:** 2 **级数:** Phrased Easy Intermediate Rumba

编舞者: Nancy Lee (MY) & Nina Chen (TW) - 2017年01月

音乐: Rumba - Thousand Years (Jang Hye Jin & DjICE)

Sequences : A A(32) / A A(32) / B Tag / A A (32) / Ending
Intro : 32 Count

Part A : 48 Count
A1: ROCK HOLD, TOGETHER STEP, ROCK HOLD, TOGETHER STEP

1-4	Rock RF to R, Hold, Step LF beside RF, Step RF inplace
5-8	Rock LF to L, Hold, Step RF beside LF, Step LF inplace
1-4	右足右下沉, 候, 左足併踏右足旁, 右足原地踏
5-8	左足左下沉, 候, 右足併踏左足旁, 左足原地踏

A2: BACK SWEEP, BACK SWEEP, COASTER STEP, SWEEP ON BALL ¼ R

1-4	Step RF back, Sweep LF from front to back, Step LF back, Sweep RF from front to back
5-8	Step RF back, Step LF next to RF, Step RF fwd, Sweep LF from back next to RF with on ball ¼ turn R (3:00)
1-4	右足後踏, 左足後遶, 左足後踏, 右足後遶
5-8	右足後踏, 左足併踏右足旁, 右足前踏, 左足前遶 同時右足向右軸轉1/4 (3:00)

A3: SERPIENTE (CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, HOLD)

1-4	Cross LF over RF, Step RF to R, Step LF behind RF, Sweep RF from front to back
5-8	Step RF behind LF, Step LF to L, Cross RF over LF, Hold
1-4	左足前跨, 右足右踏, 左足後跨, 右足後遶
5-8	右足後跨, 左足左踏, 右足前跨, 候

A4: CROSS HOLD, CROSS HOLD, FWD PIVOT ¼ R, CROSS HOLD

1-4	Cross LF over RF, Hold, Cross RF over LF, Hold
5-8	Step LF fwd, Pivot ¼ R (6:00), Cross LF over RF, Hold
1-4	左足前跨, 候, 右足前跨, 候
5-8	左足前踏, 向右踏轉 1/4 (6:00), 左足前跨, 候

A5: RUMBA BOX

1-4	Step RF to R, Step LF beside RF, Step RF back, Hold
5-8	Step LF to L, Step RF beside LF, Step LF fwd, Hold
1-4	右足右踏, 左足併踏右足旁, 右足後踏, 候
5-8	左足左踏, 右足併踏左足旁, 左足後踏, 候

A6: FWD ½ R BACK, BACK HOLD, FWD ½ L BACK, BACK HOLD

1-4	Step RF fwd, ½ turn R step LF back, Step RF back, Hold
5-8	Step LF fwd, ½ turn L step RF back, Step LF back, Hold
1-4	右足前踏, 右轉 1/2 (12:00) 左足後踏, 右足後踏, 候
5-8	左足前踏, 左轉 1/2 (6:00) 右足後踏, 左足後踏, 候

Part B: 32 Count
B1: ROCK RECOVER, CROSS POINT FWD, SWAY, ON BALL 3/8 R FWD, ON BALL 1/2 R

1-4	Rock RF back, Recover onto LF, Point RF diagonally L (10:30) , Step RF fwd
5-8	Step LF to L (12:00) hip sway L, Sway R, On ball of RF 3/8 turn R (4:30) step LF fwd, On Ball Of LF ½ reverse turn R (12:00) weight on LF
1-4	右足後下沉, 重心回左足, 右足左斜前點(10:30) , 右足前踏
5-8	左足左踏(12:00)左搖臀, 右搖臀, 右足向右軸轉3/8 (4:30) 左足前踏, 左足向右軸轉1/2回重心

B2: ROCK RECOVER, CROSS POINT FWD, SWAY, ON BALL 3/8 R FWD, ON BALL 1/2 R

1-4	Rock RF back, Recover onto LF, Point RF diagonally L (10:30) , Step RF fwd
5-8	Step LF to L (12:00) hip sway L, Sway R, On Ball of RF 3/8 turn R (4:30) step LF fwd, On Ball Of LF ½ Reverse turn R (12:00) weight on LF
1-4	右足後下沉, 重心回左足, 右足左斜前點(10:30) , 右足前踏
5-8	左足左踏(12:00)左搖臀, 右搖臀, 右足向右軸轉3/8 (4:30) 左足前踏, 左足向右軸轉1/2 回重心

B3: ROCK RECOVER, ¼ L FWD, ON BALL 1/2 L, ROCK RECOVER, FWD, HOLD

1-4	Rock RF back, Recover onto LF, ¼ turn L (9:00) step RF fwd, On Ball of RF ½ reverse turn L (3:00) weight on RF
5-8	Rock LF back, Recover onto RF, Step LF fwd, Hold
1-4	右足後下沉, 重心回左足, 左轉1/4 (9:00) 右足前踏, 右足向左軸轉1/2 (3:00)
5-8	左足後下沉, 重心回右足, 左足前踏, 候

B4: WALK AROUND ¾ L, HOLD, SWAY, TOGETHER, POINT

1-4	Walk around (R L R) ¾ Turn L (6:00), Hold
5-8	Hip Sway L , Sway R, Step LF beside RF, Point RF to R (LF in bending position)
1-4	(右 左 右)向左轉3/4 (6:00), 候
5-8	左搖臀, 右搖臀, 左足併踏右足旁, 右足旁點(左足微彎膝)

TAG: 4 Count (After Wall 5)

1-4	Drag RF towards L 2 counts (LF still in bending position), Slowly push RF forward with toe point (Straighten up LF)
1-4	右足用2拍拖向左足旁(左足依舊微彎膝), 左足調整站正 右足前點

Enjoy !!

Contacts: Nancy Lee: swan9198@gmail.com - Nina Chen: nina.teach.dance@gmail.com

---