Dance For Me (zh)

Count: 32 **Wand:** 4 **Ebene:** Intermediate
Choreograf/in: Alison Metelnick (UK) - 2011年01月
Musik: Doin' It - Pauline Högberg : (CD: Best Of Fame Factory)

前奏： 16 count intro from heavy beat, or 24 counts from start 從重音起算16拍後(或開始算24拍後)起跳

第一段 Kick Ball Point, Ball Step, Pivot 1/2, Kick Ball Step, Step & Hip Bumps

1&2 Kick right forward. Step right beside left. Point left to left side. 右足前踢, 右足併踏, 左足左點

& Step left beside right. 左足併踏

3–4 Step right slightly forward. Pivot 1/2 left sitting into turn so weight ends on right. 右足略前踏, 以坐姿左軸轉180度最後重心仍在右足

5&6 Kick left forward. Step left beside right. Step right forward.
左足前踢, 左足併踏, 右足前踏

7& Step left slightly forward to left diagonal and bump hips forward. Bump hips back. 左足左斜角略前踏前推臀, 後推臀

8 Bump hips forward (weight ends on left). (6:00)
前推臀(重心結束在左足)(面向6點鐘)

第二段 Forward Mambo, 1/4 Turn Sweep into Coaster Cross, Hitch Ball Cross x2

1&2 Rock forward on right. Rock back on left. Step right back.
右足前下沉, 左足回復, 右足後踏

3& Sweep step left behind right making 1/4 turn left. Step right beside left. 左轉90度左足繞至右足後踏, 右足併踏

4 Cross left over right. (3:00) 左足於右足前交叉踏(面向3點鐘)

5&6 Hitch right knee. Step right to right side. Cross left over right. 右膝抬, 右足右踏, 左足於右足前交叉踏

7&8 Hitch right knee. Step right to right side. Cross left over right. 右膝抬, 右足右踏, 左足於右足前交叉踏

RESTARTS: **Walls 4-restart point faces front wall and Wall 9-restart point faces back wall: Restart dance again from beginning at this point.**
第四面牆面向前面牆, 第九面牆面向後面牆, 跳至此, 從頭起跳

第三段 Syncopated Side Rock, Syncopated Weave, Forward Rock, 1/2 Turn & Step x2

1& Rock right to right side. Recover onto left.
右足右下沉, 左足回復

2& Cross right behind left. Step left to left side.
右足於左足後交叉踏, 左足左踏

3& Cross right over left. Step left to left side.
右足於左足前交叉踏, 左足左踏

4& Cross right behind left. Step left to left side.
右足於左足後交叉踏, 左足左踏

5–6 Rock forward on right. Recover onto left.
右足前下沉, 左足回復

&7 Making 1/2 turn right step right forward. Step left beside right. (9:00) 右轉180度右足前踏, 左足併踏(面向9點鐘)

&8 Step right forward. Step left forward.
右足前踏, 左足前踏

第四段 Forward Rock, Ball, Step Back, Back, 1/4 Turn Heel Ball Touches x2

1–2 Rock forward on right. Recover onto left.
右足前下沉, 左足回復

&3–4 Step right back. Step left back. Step right back.
右足後踏, 左足後踏, 右足後踏

5& Touch left heel forward. Making 1/8 turn left step left back.
左足踵前點, 左轉45度左足後踏

6& Turning 1/8 left touch right beside left. Turning 1/8 left step right back. 左轉45度右足併點, 左轉45度右足後踏

7&8 Touch left heel forward. Turning 1/8 left step left back. Touch right beside left. (3:00) 左足踵前點, 左轉45度左足後踏, 右足併點(3點鐘)

TAG: END of Wall 7: Dance 4 count Tag to bring you to front wall to start Wall 8 第七面牆結束後, 加跳4拍後開始跳第八面牆

1–2 Rock forward on right. Recover onto left.右足前下沉, 左足回復

&3–4 Making 1/4 turn right step right to side. Step left forward. Touch right beside left. 右轉90度右足右踏, 左足前踏, 右足併點

ENDING Dance finishes facing front: On the & count, step left beside right, then stomp right forward and throw arms into the air, striking a pose!
結束: 面向前面牆, &拍是左足併踏, 加做右足前重踏, 雙手舉高, 擺個姿勢結束