American Honey (美國甜心) (zh)

Ebene: Intermediate

Choreograf/in: Neville Fitzgerald (UK) & Julie Harris (UK) - 2010年04月 Musik: American Honey - Lady A

前奏: Starts After 16 Counts. 16拍後起跳

Count: 32

- Step, Step 1/2 Pivot Step, Rock & Step, 1/2, 1/4, Rock & Side. 第一段 踏,踏轉踏,前曼波,1/21/4,後交叉回復右踏
- 1 Step forward on Left. 左足前踏
- 2&3 Step forward on Right, pivot 1/2 turn to Left, step forward on Right. 右足前踏, 左軸轉180度, 右足前踏
- 4&5 Rock forward on Left, recover on Right, step back on Left. 左足前下沉,右足回復,左足後踏
- Make 1/2 turn to Right stepping forward on Right, 1/4 turn to Right stepping Left to Left side. 右轉180度 6-7 右足前踏,右轉90度左足左踏
- 8&1 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
- 第二段 Behind & Cross, Rock & Cross, Sway, Sway, Sailor 1/2 Turn. 後旁前,曼波交叉,左擺臀,右擺臀,轉水手
- 2&3 Cross step Left behind Right, step Right to Right side, cross step Left over Right. 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 4&5 Rock to Right side on Right, recover on Left, cross step Right over Left. 右足右下沉, 左足回復, 右足於左 足前交叉踏
- Step Left to Left side swaying hips Left, recover on Right swaying hips to Right. 左足左踏左擺臀, 右足回 6-7 復右擺臀
- 8&1 Make 1/4 turn to Left crossing Left behind Right, 1/4 turn Left stepping Right next to Left, step forward on Left. **T2**

左轉90度左足於右足後交叉踏,左轉90度右足併踏,左足前踏

TAG 2: Wall 6.. Dance Up To & Including Sailor 1/2 Turn (8&1) In Section 2... Then Add 3 Walks Forward, Right-Left-Right... Then Restart Dance From Beginning.

第六面牆跳至第二段轉水手時,加三次前走-右,左,右,從頭起跳

- 第三段 Step 1/2 1/4, Rock & Side, Cross, Side, Sailor 1/4. 踏轉 1/4, 交叉曼波, 交叉 左踏, 1/4轉水手
- 2&3 Step forward on Right, make 1/2 turn to Right stepping back on Left, 1/4 turn to Right stepping Right to Right side.

右足前踏,右轉180度左足後踏,右轉90度右足右踏

- 4&5 Cross rock Left over Right, recover on Right, step Left to left side. 左足於右足前交叉下沉,右足回復,左足左踏
- 6-7 Cross step Right over Left, step Left to left side. 右足於左足前交叉踏, 左足左踏
- Make 1/4 turn to Right crossing Right behind Left, step Left next to Right, step forward Right. 8&1 右轉90度右足於左足後交叉踏, 左足併踏, 右足前踏
- 第四段 Walk, Walk, Rock & Kick Cross, Rock & Kick Cross, Rock & (Step) 走 走, 左下沉 回復 踢 交叉, 右下沉 回復 踢 交叉, 左下沉 回復
- Walk forward Left-Right. 左足前走, 右足前走 2-3
- Rock to Left side on Left, recover on Right, kick Left forward, cross step Left slightly over Right. 4&5& 左足左下沉,右足回復,左足前踢,左足於右足前交叉踏
- 6&7& Rock to Right side on Right, recover on Left, kick Right forward, cross step Right slightly over Left. 右足右下沉, 左足回復, 右足前踢, 右足於左足前交叉踏





Wand: 4

- 8&(1) Rock to Left side on Left, recover on Right, (step forward on Left.) 左足左下沉, 右足回復(接續第1拍左足前踏)
- TAG 1: END of Wall 3 & Wall 5. 第三面牆及第五面牆結束後加拍

(Step,) Rock & 1/2, Walk, Walk, Step 1/2 Step, Step. 踏, 曼波轉, 走 走, 踏 轉 踏, 踏

- (1) (Step forward on Left) 左足前踏
- 2&3 Rock forward on Right, recover on Left, make 1/2 turn to Right stepping forward on Right. 右足前下沉, 左 足回復, 右轉180度右足前踏
- 4-5 Walk forward Left-Right. 左足前走, 右足前走
- 6&7 Step forward on Left, pivot 1/2 turn to Right, step forward on Left. 左足前踏, 右軸轉180度, 左足前踏
- 8 Step forward on Right. 右足前踏