

# Much Obliged (感謝有你) (zh)

COPPER KNOB  
STEPSHEETS

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: M.T. Groove (UK) - 2007年03月

Musik: Be Without You - Mary J. Blige



前奏 : Start on Vocals 唱歌起跳

**第一段** Cross Unwind, Step ½ Turn Touch, Walk Walk, Sway Sway Drag.  
交叉 繞, 踏 轉 點, 走 走, 擺 臀 擺 臀 大步拖

1-2 Cross L over R, Unwind a ½ turn R. (Weight on L).  
左足於右足前交叉踏, 右繞轉180度(重心在左足)

3&4 Step forward R, Make ½ turn R stepping back on L, Touch R toe forward  
右足前踏, 右轉180度左足後踏, 右足趾前點

5-6 Walk forward R, L. 右足前走, 左足前走

7&8 Step R to R side as you sway R, L, Take a big to R side as you drag in L. 右足右踏右擺臀, 左擺臀, 右足右一大步左拖併

**第二段** Step ¼ Pivot (Prep), Triple Full Turn L, Walk ¼ Turn R, L, Run Run Touch.  
踏 轉1/4, 三步左轉, 二步右1/4, 跑 跑 點

1-2 Step forward L, Pivot ¼ turn R. (prep).  
左足前踏, 右軸轉90度

3&4 Make a full turn L, Stepping L, R, L travelling L.  
三步左轉圈-左, 右, 左

5-6 Make a ¼ turn R and walk forward R, L.  
兩個前走步右轉90度-右, 左

7&8 Run R, L, Touch R toe behind L heel.  
前跑步-右, 左, 右足趾於左足踵後點

**第三段** Back Lock ¼ Turn, Drag ¼ Collapse Step Step, Step Pivot Step ½ Turn X2.  
後鎖轉1/4, 拖 1/4踏 踏, 踏 轉 踏 二次

1&2 Step back on R, Lock L across R, Make ¼ turn R as you step R to R side. 右足後踏, 左足於右足前鎖踏, 右轉90度右足右踏

3&4 Drag L foot across R, Make ¼ turn R and fall into a step step L, R.  
左足拖於右足前交叉, 右轉90度左足踏, 右足踏

(Note: really accentuate count 3 (drag) and collapse into the step step) 注意 : 強調第3拍的拖拍, 然後直接做兩個踏步

5&6 Step forward L, Pivot ½ turn R, Step forward L,  
左足前踏, 右軸轉180度, 左足前踏

7&8 Step forward R, Pivot ½ turn L, Step forward R.  
右足前踏, 左軸轉180度, 右足前踏

**第四段** Sweep Back Back X2, ½ Turn Pivot (Prep), Triple 1½ Turns L, R, L  
繞交叉 後 後 二次, 踏 轉, 三步左轉1½

1&2 Sweep L across R Step back R, L.  
左足繞於右足前交叉踏, 右足後踏, 左足後踏

3&4 Sweep R across L Step back L, R.  
右足繞於左足前交叉踏, 左足後踏, 右足後踏

5-6 Step forward on L, Pivot ½ turn R (prep) weight on R.  
左足前踏, 右軸轉180度重心在右足

7&8 Make a triple 1½ turns L stepping L, R, L.  
三步左轉一圈半-左, 右, 左

<b>第五段</b>	<b>¼ Turn Side Back Rock, Side Back Rock, Side Together ½ Turn, Side Back Rock. 1/4NC, NC, 右-併-轉, NC</b>
1-2&	Make ¼ turn L step R to side, Rock back L, Recover R 左轉90度右足右踏, 左足後下沉, 右足回復
3-4&	Step L to L side, Rock back R, Recover L. 左足左踏, 右足後下沉, 左足回復
5&6	Step R to R side, Step L next to R (&) On balls of feet spin a ½ turn L. 右足右踏, 左足併踏, 左轉180度
7-8&	Step R to R side, Rock back L, Recover R. 右足右踏, 左足後下沉, 右足回復
<b>第六段</b>	<b>Step Side, Back Rock, Side Slide, ¼ Slide ¼ Slide, And Side, Touch/Sweep ¼ Ball Step. NC, 右 左1/4, 1/4右追步, 點-1/4繞踏-踏</b>
1-2&	Step L to L side, Rock back R, Recover L 左足左踏, 右足後下沉, 左足回復
3-4	Slide R to R side, Make ¼ turn L slide L to L side. 右足滑向右, 左轉90度左足滑向左
5&6	Make a ¼ turn L as you slide R to R side, Step L next to R, Step R to R side. 左轉90度右足滑向右, 左足併踏, 右足右踏
7&8	Touch L toe forward, Sweep L a ¼ turn L onto ball of L slightly behind R, Step forward on R. 左足趾前點, 左轉90度左足繞至右足後踏, 右足前踏
<b>第七段</b>	<b>Step &amp; Step, Step Back Drag, &amp; R Shuffle, Mambo ½ Turn.</b> <b>踏併踏, 後拖踏, 前交換, 曼波轉</b>
1&2	Step big step forward L to L diagonal, Step R next to L, Step L in place. 左足左斜角前一大步, 右足併踏, 左足踏
3-4&	Step big step back on R, Drag L next to R, Step on L. 右足後一大步, 左足拖併, 左足踏
5&6	R shuffle forward. 右足起跳的前交換
7&8	Rock forward on L, Recover R, Make a ½ turn L stepping forward L. 左足前下沉, 右足回復, 左轉180度左足前踏
<b>第八段</b>	<b>¼ Side Behind, Step Back, Forward Back Forward, ¼ Walk Walk, ½ Semi Circle Shuffle. 1/4側 後 後, 搖前後前, 1/4走走, 轉半圈</b>
&1-2	Make ¼ L step R to R side, Step L behind R, Lift R leg up and step it behind L. 右轉90度右足右踏, 左足於右足後踏, 右足抬起至左足後踏
3&4	Rock body forward back forward weight ends up on L. 身體搖向前, 身體搖向後, 身體搖向前重心在左足
5-6	Make a ¼ turn R as you walk forward R, L. 右足前走, 左足前走(構成一個右轉90度)
7&8	R Shuffle ½ turn R. Make this a semi circle shuffle. 右轉交換(做一個半圓的交換步)

**Start over! (Dance to end of wall as music fades finishing at the front).**  
**快結束時, 音樂會漸漸變慢, 面向前面牆做結束**

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