Inclination For Syncopation (超愛切分音) (zh)

Count: 32 **Wand:** 4 **Ebene:** Intermediate
Choreograf/in: Paul McAdam (UK) - 2009年06月
Musik: Remember the Time - Michael Jackson

前奏： Count in: Approximately 32 Counts from start of track at about 19 seconds

第一段 **Side Cross Touch, Ball Cross Touch, Behind ¼ Turn, Out-Out, Step Back 左 交叉 左點, 後 交叉 左點, 後 1/4 踏, 大 大 後踏**

1&2 Step left foot to left side, cross right foot over left foot, touch left toe to left side 左足左踏, 右足於左足前交叉踏, 左足趾左點

&34 Step back on ball of left foot, cross right foot over left, touch left toe to left side 左足後踏, 右足於左足前交叉踏, 左足趾左點

5&6 Cross left foot behind right foot, make a ¼ turn right step forward on right, step forward on left foot 左足於右足後交叉踏, 右轉90度右足前踏, 左足前踏

&78 Step right foot out to right side, step left foot out to left side, step back on right foot 右足右前踏, 左足左前踏, 右足後踏

第二段 **Back ¼ Cross, Switches X2, Cross Unwind Full Turn, Side Rock Kick**
後 1/4 交叉, 點收點, 交叉 轉圈, 左下沉 回復 踢

1&2 Step back on left foot, make a ¼ turn right and step right foot to right side, cross left foot over right 左足後踏, 右轉90度右足右踏, 左足於右足前交叉踏

3&4 Touch right toe out to right side, step right foot next to left, touch left toe out to left side 右足趾右點, 右足併踏, 左足趾左點

5,6 Cross left foot over right foot, unwind a full turn right (weight finishes on right foot) 左足於右足前交叉踏, 右轉圈(結束重心在右足)

7&8 Rock left foot out to left side, recover weight onto right foot, kick left foot forward 左足左下沉, 右足回復, 左足前踢

第三段 **& Cross & Touch, Cross ¼ Turn Forward, Bend Roll, Ball Step ¼ Turn, Together 左-交叉-後-點, 交叉 1/4, 彎膝 轉臀, 併 轉 併**

&1&2 Step left foot to left side, cross right foot over left, step back on left foot, touch right toe to right side
左足左踏, 右足於左足前交叉踏, 左足後踏, 右足趾右點

3,4 Cross right foot over left foot, make a ¼ turn left and step forward on left 右足於左足前交叉踏, 左轉90度左足前踏

5,6 Sitting back slightly weight on right foot bend knees, rolling hips forward and up taking weight on left foot
重心在右足彎膝後坐姿, 前轉臀站立重心至左足

&78 Step right foot next to left foot, make a ¼ turn left and step left foot to left side, step right foot next to left
右足併踏, 左轉90度左足左踏, 右足併踏

第四段 **Side Touches X2, Step ½ Turn, ¼ Turn Walks Back**
側 點 二次, 踏 轉, 1/4後 後

1-4 Step left foot back to left diagonal, touch right toe next to left, step right foot back to right diagonal, touch left toe next to right
左足左斜角後踏, 右足趾併點, 右足右斜角後踏, 左足趾併點

5,6	Step forward on left foot, pivot ½ turn right 左足前踏, 右軸轉180度
7,8	Make a ¼ turn right and step back on left foot, step back on right foot 右轉90度左足後踏, 右足後踏