Invitation To Dance (邀請共舞) (zh)

Count: 48 **Wand:** 4 **Ebene:** Intermediate
Choreograf/in: Peter Metelnick (UK) & Alison Metelnick (UK) - 2008年06月
Musik: The Lady In Red - Chris de Burgh : (CD: Now & Then)

前奏： From the humming count 16 and start on vocals) is 4m15secs long (non-phrased) 開始唱歌時起跳

第一段 **R Night Club Basic With Hip Sways, L Night Club Basic With Hip Sways**
右踏-後下沉-回復帶擺臀, 左踏-後下沉-回復帶擺臀

1 Step R side right 右足右踏

2& Rock L back, recover weight on R 左足後下沉, 右足重心回復

3-4 Sway hips left, sway hips right 左擺臀, 右擺臀

5 Step L side left 左足左踏

6& Rock R back, recover weight on L 右足後下沉, 左足重心回復

7-8 Sway hips right, sway hips left 右擺臀, 左擺臀

第二段 **R Fwd, L Fwd, ½ R Pivot Turn, L Fwd, L Fwd Full Turning Triple, L Fwd Mambo Step, R Coaster Cross**
右前, 左前, 右轉1/2, 左前, 左小三步轉圈, 左前曼波, 右海岸步

1 Step R forward 右足前踏

2&3 Step L forward, pivot ½ right, step L forward
左足前踏, 右轉180度, 左足前踏

4&5 Turning ½ left step R back, turning ½ left step L forward, step R forward
左轉180度右足後踏, 左轉180度左足前踏, 右足前踏

6&7 Rock L forward, recover weight on R, step L back
左足前下沉, 右足回復, 左足後踏

8&1 Step R back, step L together, cross step R over L (6 o'clock)
右足後踏, 左足併踏, 右足於左足前交叉踏(6點鐘)

第三段 **L & R Scissor Steps, ¼ R Box Step, R Fwd**
左 & 右剪刀步, 右轉1/4方塊, 右前

2&3 Step L side, step R together, cross step L over R
左足左踏, 右足併踏, 左足於右足前交叉踏

4&5 Step R side, step L together, cross step R over L
右足右踏, 左足併踏, 右足於左足前交叉踏

6&7 Step L side, turning ¼ right step R side, step L forward
左足左踏, 右轉90度右足右踏, 左足前踏

8 Step R forward (9 o'clock) 右足前踏(9點鐘)

第四段 **L Fwd, R Fwd, ¼ L Pivot Turn, R Cross Step, ½ R Hinge Cross, R Side Rock & Recover, R Extended Sailor Step (Happy sailor!)**
左前, 右前, 左轉1/4, 右交叉踏, 右鉸轉1/2交叉踏, 右側下沉 & 回復, 右水手步

1 Step L forward 左足前踏

2&3 Step R forward, pivot ¼ left, cross step R over L
右足前踏, 左轉90度, 右足於左足前交叉踏

4&5 Turning ¼ right step L back, turning ¼ right step R side, cross step L over R 右轉90度左足後踏, 右轉90度右足右踏, 左足於右足前交叉踏

6-7 Rock R side, recover weight on L 右足右下沉, 左足回復

8&1 Cross step R behind L, step L side, step R side (12 o'clock)
右足於左足後交叉踏, 左足左踏, 右足右踏(12點鐘)

第五段 **L Cross Rock & Recover, L Side, R Cross Rock & Recover, R Side, L Fwd, ½ R Pivot Turn, L Cross Rock & Recover, L Side**
左交叉下沉, 左側, 右交叉下沉 & 回復, 右側, 左前, 右轉1/2, 左交叉下沉 & 回復, 左側

NOTE: the following 4 cross rocks will hit all 4 corners of the room
4個交叉下沉面向房間4個角

2&3 Cross rock left over right towards right diagonal, recover weight on R, step L side left
面向右斜角線左足於右足前交叉下沉, 右足回復, 左足左踏

4&5 Cross rock right over left towards left diagonal, recover weight on L, step R side right towards right diagonal
面向左斜角線右足於左足前交叉下沉, 左足回復, 右足右斜角線右踏

6-7 Step L forward, pivot ½ right and now facing opposite right diagonal (on back wall)
左足前踏, 右轉180度面向反方向的右斜角線(面向後面牆)

8&1 Cross rock left over right towards right diagonal, recover weight on L, step L side left (6 o'clock)
面向右斜角線左足於右足前交叉下沉, 右足回復, 左足左踏(6點鐘)

第六段 **R Cross Rock & Recover, R Side, L Fwd, ½ R Pivot Turn, L Fwd Mambo Step, R Rock Back & Recover, Turning ¼ LEFT Start The Dance Again**
右交叉下沉 & 回復, 右側, 左前, 右轉1/2, 左前曼波, 右後下沉 & 回復, 左轉1/4從頭起跳

2&3 Cross rock right over left towards left diagonal, recover weight on L, step R side squaring off to wall (6 o'clock)
面向左斜角線右足於左足前交叉下沉, 左足回復, 右足回正向右踏(6點鐘)

4-5 Step L forward, pivot ½ right 左足前踏, 右轉180度

6&7 Rock L forward, recover weight on R, step L back
左足前下沉, 右足回復, 左足後踏

8& Rock R back, recover weight on L, Turn ¼ left as you start the dance again stepping side right (facing 9 o'clock)
右足後下沉, 左足回復, 左轉90度從右足起跳(面向9點鐘)

Final Wall: On The 6th And Final Wall Dance To Count 45 And Add The Following Steps:
第六面牆結束至第六段第5拍,加拍

Step L Forward, ¼ Pivot R To Face Front Wall, Step L Forward And Strike A Pose
左足前踏, 右轉90度面向前面牆, 左足前踏擺個姿勢