Balliztic (甜蜜夢境) (zh)

Count: 64 **Wand:** 4 **Ebene:** Intermediate/Advanced
Choreograf/in: M.T. Groove (UK) - 2008年07月
Musik: Beautiful Nightmare (feat. Balliztic) (Remix) - Beyonce

前奏： Start on Vocals (Rapping)從RAP起跳

第一段 **Step ¼ Turn Cross, Hold, Straighten, Side Step, ¼ ½ Coaster Lean**
踏轉1/4交叉, 候, 伸直, 側踏, 1/4 1/2 海岸步

1-2 Step forward on R, Make ¼ turn L cross L over R and bend knees (dip)
右足前踏, 左轉90度左足於右足前交叉踏曲膝(蹲)

3&4 Hold, Straighten and hitch the R(&), Step R to R side (over the wall stylee) 候, 站直抬右足, 右足右踏

5-6 Make ¼ turn L as you step forward L, Make a ½ turn L as you step back R. 左轉90度左足前踏, 左轉180度右足後踏

7&8 L Coaster heel/lean.....L heel is forward and lean back slightly. (12.00) 左水手步最後以足踵前點身體略向後傾(面向12點鐘)

第二段 **¼ Hip Roll, Hold,Breathe In/Out, & Side Rock, & ¼ Turn Step**
1/4扭臀, 候, 吸氣吐氣, 側下沉, 轉1/4踏

1-2 Rotate hips clockwise ¼ turn R with upper body lean forward, straighten up(2).順時針右扭臀轉90度, 上半身挺直

3&4 Hold, Contract chest – breathe in then out (&4).
候縮胸, 吸氣, 吐氣

&5-6 Step R next to L, Rock L to L side, Recover on R.
右足併踏, 左足左下沉, 右足回復

&7-8 Step L next to R, Make ¼ turn R stepping forward R, Step forward L. (6.00) 左足併踏, 右轉90度右足前踏, 左足前踏(面向6點鐘)

第三段 **½ Turn, ½ Turn, & Touch ½ Turn Step, Walk Walk, Back Back/Kick.**
轉1/2, 轉1/2, 點轉1/2踏, 走走, 後後/踢

1-2 Make ½ turn L step back on R, Make ½ turn L step forward on L.
左轉180度右足後踏, 左轉180度左足前踏

&3-4 Step on R, Touch L slightly back, Unwind ½ turn L stepping forward L. 右足踏, 左足略後點, 左轉180度左足前踏

5-6 Walk forward R,L. (Brake)!!! 前走步-右, 左(煞車)

7&8 Walk back R,L,R….note as you step back on R low kick L across R, toes pointed up (12.00) 後走步-右, 左, 右(左足趾於右足前略低踢)

第四段 **Hold Out Out, Sway Sway, ¼ Step, ¾ Spin, Hold, Toe Splits.**
候 外 外, 擺臀擺臀, 1/4踏, 3/4轉, 候, 趾分開

1&2 Hold (L still off floor from previous count), step out out L,R.
候(左足仍保持離地), 左足外踏, 右足外踏

3-4 Sway hips R,L, weight ends L like a prep.
右擺臀, 左擺臀重心在左足準備下一個動作

5-6 Make ¼ R step forward R, Spin ¾ turn R on R bring feet together. (12.00) 右轉90度右足前踏, 右螺旋轉270度雙足合併(面向12點鐘)

7&8 Hold (7), With toes off the floor on your heels, split toes apart(&) then together Putting toes back down.
候, 重心在雙足踵雙足趾離地分開, 雙足趾踏

第五段 Back Touch, ¼ Forward Touch, ¼ Back Touch, ¼ Forward Touch.
後踏點, 1/4前踏點, 1/4後踏點, 1/4前踏點

1-2 Step back on R, Touch L next to R.右足後踏, 左足併點

3-4 Make ¼ turn L step forward L, Touch R next to L.
左轉90度左足前踏, 右足併點

5-6 Make ¼ turn L step back on R, Touch L next to R.
左轉90度右足後踏, 左足併點

7-8 Make ¼ turn L step forward on L, Touch R next to L. (3.00)
左轉90度左足前踏, 右足併點(面向3點鐘)

第六段 Ball ¼ Cross, Hold, ½ Unwind, Scissor Cross, Side Lunge ¼ Prep, ¾ Spin. 踏轉1/4交叉, 候, 轉1/2, 剪刀交叉, 側曲膝準備轉1/4 3/4

&1-2 Step on ball of R, Make ¼ L cross L over R, Hold. (12.00)
右足踏, 左轉90度左足於右足前交叉踏, 候(面向12點鐘)

3-4&5 Unwind ½ turn R, Step R to R side, Close L next to R, Cross R over L. (6.00)
右轉180度, 右足右踏, 左足併踏, 右足於左足前交叉踏(面向6點鐘)

6-7 Lunge L to L side with R toes off floor for 2 counts.
左足曲膝踏右足趾離地

8-1 Recover ¼ turn onto R(prep), Spin ¾ turn R on R bringing feet together(weight L) (6.00).
右轉90度, 螺旋右轉270度雙足合併重心在左足(面向6點鐘)

第七段 Step ½ Pivot, ¾ Spin, & Behind, Touch Side Step.
踏轉1/2, 轉3/4 & 後, 點側踏

2-3 Step forward R, Pivot ½ turn L (weight L) (12.00).
右足前踏, 左轉180度(重心在左足)(面向12點鐘)

4-5 ¾ turn slow spin L over 2 counts bringing feet together (weight R) (3.00) 以2拍螺旋左轉270度(重心在右足)(面向3點鐘)

&6-8 Step L behind R, Step R to R side, Touch L next to R, Step L to L.
左足併踏, 右足右踏, 左足併點, 左足左踏

第八段 Out Out, R Sailor, L Sailor ½ Turn L, Walk R,L, Hold, Ball Step.
外 外 右水手, 左轉水手, 走 走, 候, 併踏

1-2 Step out out (rolling knees) R, L. 右外, 左外

3&4 R sailor step. 右水手步

5&6 L sailor ½ turn L. 左水手左轉180度

7&8 Hold, Step R next to L, Step forward L. (9.00)
候, 右足併踏, 左足前踏(面向9點鐘)