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| Fall Apart (心力交瘁) (zh) |  |

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| **Count:** | 48 | **Wall:** | 2 | **Level:** | Intermediate/Advanced | . |
| **Choreographer:** | Dee Musk (UK) - 2010年09月 | | | | |
| **Music:** | Fall Apart - Sarah Connor : (3:07) | | | | |
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**前奏： 16 Count Intro. Approx 9 seconds.**

**第一段**

**Step ½ Turn L, ¼ Turn L Rock & Cross, ¼ Turn R, ½ Turn R, Sailor ¼ Turn R. 踏 轉, 1/4曼波交叉, 1/4 1/2, 1/4轉水手**

**1,2**

**Step forward on R, make a ½ turn L keeping weight back on R.**

**右足前踏, 左轉180度重心在右足**

**3&4**

**Making a ¼ turn L rock L out to L side, recover weight to R, cross step L over R.  左轉90度左足左下沉, 右足回復, 左足於右足前交叉踏**

**5,6**

**Make a ¼ turn R stepping forward on R, make a ½ turn R stepping back on L.  右轉90度右足前踏, 右轉180度左足後踏**

**7&8**

**Making a ¼ sailor turn R cross step R behind L, step L in place, step forward on R. (3 o’clock).**

**右90度轉水手-右轉90度右足於左足後踏, 左足踏, 右足前踏(面向3點鐘)**

**第二段**

**¾ Turn L, Rock Recover, Back, Back, Hold, Back, Rock Recover.**

**1/2 1/4, 下沉 回復, 後 後 候, 後 後下沉 回復**

**1,2**

**Recover weight onto L making a ½ turn L, make a further ¼ turn L stepping forward on R.  左轉180度左足回復, 左轉90度右足前踏**

**3,4**

**Rock forward on L, recover weight to R.**

**左足前下沉, 右足回復**

**&5,6**

**Step back L, step back R, hold count 6.**

**左足後踏, 右足後踏, 候**

**&7,8**

**Step back L, rock back on R, recover weight to L. (6 o’clock).**

**左足後踏, 右足後下沉, 左足回復(面向6點鐘)**

**第三段**

**Back Together ¼ Turn R With Cross, ¼ Turn R, ½ Turn R, Mambo Forward, Back ½ Turn L Step.  後 併 右1/4交叉, 1/4 1/2, 前曼波, 後 轉 踏**

**1&2**

**Step slightly back on R, close L beside R, making a ¼ turn R cross step R over L.  右足略後踏, 左足併踏, 右轉90度右足於左足前交叉踏**

**3,4**

**Make a ¼ turn R stepping back on L, make a ½ turn R stepping forward on R.  右轉90度左足後踏, 右轉180度右足前踏**

**5&6**

**Rock forward on L, recover weight to R, step back on L.**

**左足前下沉, 右足回復, 左足後踏**

**7&8**

**Step back on R, make a ½ turn L stepping forward on L, step forward on R. (12 o’clock).**

**右足後踏, 左轉180度左足前踏, 右足前踏(面向12點鐘)**

**第四段**

**Mambo Forward, Full Turn Back, ¼ Turn R, Hold, Together Point Touch.**

**前曼波, 轉 轉, 右1/4, 候, 併 右點 併點**

**1&2**

**Rock forward on L, recover weight to R, step back on L.**

**左足前下沉, 右足回復, 左足後踏**

**3,4**

**Travelling backwards, make a ½ turn R stepping forward on R, make a ½ turn R stepping back on L.**

**(向前移)右轉180度右足前踏, 右轉180度左足後踏**

**5,6**

**Make a ¼ turn R stepping R to R side, hold count 6.**

**右轉90度右足右踏, 候**

**&7,8**

**Close L beside R, point R to R side, drag in and touch R beside L. (3 o’clock).  左足併踏, 右足右點, 右足拖併點(面向3點鐘)**

**第五段**

**Out, Out, Chasse R, Out, Out Chasse ¼ Turn L.**

**大, 大, 右追步, 大, 大, 左1/4追步**

**1,2**

**Step out R to R side, step out L to L side.**

**右足右踏, 左足左踏**

**3&4**

**Step R to R side, close L beside R, step R to R side.**

**右足右踏, 左足併踏, 右足右踏**

**5,6**

**Step out L to L side, Step out R to R side.**

**左足左踏, 右足右踏**

**7&8**

**Step L to L side, close R beside L, make a ¼ turn L stepping L forward. (12 o’clock).  左足左踏, 右足併踏, 左轉90度左足前踏(面向12點鐘)**

**\* RESTART from here DURING wall 2 - begin again facing 6 o’clock wall.**

**第二面牆跳至此, 面向6點鐘, 從頭起跳**

**第六段**

**Step Full Turn L, ½ Turning Lock Step L, Walk R, Walk L, Back Cross, Back Together. 踏 轉圈, 轉鎖步, 走 走, 後 交叉, 後 併**

**1,2**

**Step forward on R, make a full turn L ending with L hooked in front of R.  右足前踏, 左轉圈結束時左足於右足前勾**

**3&4**

**Making a ¼ turn L step forward on L, cross lock R behind L, make another ¼ turn L stepping forward on L.**

**左轉90度左足前踏, 右足於左足後交叉踏, 左轉90度左足前踏**

**5,6**

**Walk R, walk L.  右足前走, 左足前走**

**7&8&**

**Step back on R, cross step L over R, step back on R, close L beside R. (6 o’clock).**

**右足後踏, 左足於右足前交叉踏, 右足後踏, 左足併踏(面向6點鐘)**