|  |  |
| --- | --- |
| Like A Dream (夢幻仙境) (zh) |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Peter Metelnick (UK) & Alison Metelnick (UK) - 2008年05月 | | | | |
| **Music:** | It's Your World Now - Eagles : (CD: Long Road Out Of Eden) | | | | |
| . | | | | | | |

**前奏： Start 32 counts after the beat kicks in, on the word ‘day’, when he sings the lyric ‘a perfect DAY**

**第一段**

**Vine R with ½ R turn and 3 hip sways L, R, L, R rock back & recover**

**右轉1/2右華倫, 3次擺臀-左, 右, 左, 右後下沉 & 回復**

**1-3**

**華倫90**

**Step R side, cross step L behind R, turning ¼ right step R forward**

**右足右踏, 左足於右足後交叉踏, 右轉90度右足前踏**

**4-6**

**90擺臀**

**Turning ¼ right sway hips left, sway hips right, sway hips left (weight ends on left) 右轉90度左擺臀, 右擺臀, 左擺臀(重心在左足)**

**7-8**

**後下沉回復**

**Rock R back, recover weight on L (facing 6 o’clock)**

**右足後下沉, 左足回復(面向6點鐘)**

**第二段**

**Vine R with ½ R turn and 3 hip sways L, R, L, R rock back & recover**

**右轉1/2右華倫, 3次擺臀-左, 右, 左, 右後下沉 & 回復**

**(重覆第一段舞步)**

**1-3**

**華倫90**

**Step R side, cross step L behind R, turning ¼ right step R forward**

**右足右踏, 左足於右足後交叉踏, 右轉90度右足前踏**

**4-6**

**90擺臀**

**Turning ¼ right sway hips left, sway hips right, sway hips left (weight ends on left) 右轉90度左擺臀, 右擺臀, 左擺臀(重心在左足)**

**7-8**

**後下沉回復**

**Rock R back, recover weight on L (facing 12 o’clock)**

**右足後下沉, 左足回復(面向12點鐘)**

**第三段**

**Walk fwd R & L, R fwd rock & recover, R full turn back, R back rock & recover 前走步-右, 左, 右前下沉 回復, 右後轉圈, 右後下沉 回復**

**1-4**

**走 走**

**下沉回復**

**Step R forward, step L forward, rock R forward, recover weight on L**

**右足前踏, 左足前踏, 右足前下沉, 左足回復**

**5-8**

**轉轉**

**後下沉回復**

**Turning ½ right step R forward, turning ½ R step L back, rock R back, recover weight on L**

**右轉180度右足前踏, 右轉180度左足後踏, 右足後下沉, 左足回復**

**Easier alternative for 5-8**

**5-8拍簡易版**

**walk back R, L, R rock back & recover (facing 12 o’clock)**

**後走步-右, 左, 右足後下沉 & 回復(面向12點鐘)**

**第四段**

**R fwd, ½ L pivot turn, R fwd, ¼ L pivot turn, R jazz box cross**

**右足前踏, 左轉1/2, 右足前踏, 左轉1/4, 右交叉爵士方塊**

**1-4**

**踏轉踏90**

**Step R forward, pivot ½ L, step R forward, pivot ¼ L (use your hips on turns – it feels good!)**

**右足前踏, 左轉180度(擺臀旋轉), 右足前踏, 左轉90度(擺臀旋轉)**

**5-8**

**Jazz box**

**交叉**

**Cross step R over L, step L back, step R side, cross step L over R (facing 3 o’clock)**

**右足於左足前交叉踏,左足後踏,右足右踏,左足於右足前交叉踏(3點鐘)**

**第五段**

**R side box, R cross step, L side rock & recover, L cross step**

**右側方塊, 右交叉踏, 左側下沉 回復, 左交叉踏**

**1-3**

**右 併 後**

**Step R side, step L together**

**右足右踏, 左足併踏, 右足後踏**

**4-5**

**左 前交叉**

**step R back, step L side, Cross step R over L**

**左足左踏, 右足於左足前交叉踏**

**6-8**

**曼波交叉**

**rock L side, recover weight on R, cross step L over R (facing 3 o’clock)**

**左足左下沉, 右足回復,左足於右足前交叉踏(3點鐘)**

**第六段**

**½ L hinge turn, R cross rock & recover, R side, L cross rock & recover, 1/4 L & L fwd**

**左鏈轉1/2, 右交叉下沉 回復, 右側, 左交叉下沉 回復, 左轉1/4左前**

**1-2**

**左90 90**

**Turning ¼ left step R back, turning ¼ left step L side**

**左轉90度右足後踏, 左轉90度左足左踏**

**3-5**

**交叉曼波**

**Cross rock R over L, recover weight on L,  Step R side**

**右足於左足前交叉下沉, 左足回復, 右足右踏**

**6-8**

**交叉曼波90**

**cross rock L over R, recover weight on R, turning ¼ left step L forward (facing 6 o’clock)**

**左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏(面向6點鐘)**

**第七段**

**R fwd, ¼ L pivot turn, weave L 3, L sweep behind, L cross behind, R side 右前, 左轉1/4, 左三拍藤步, 左後繞, 左後交叉, 右側**

**1-2**

**踏 90**

**Step R forward, pivot ¼ left 右足前踏, 左轉90度**

**3-6**

**藤步繞**

**Cross step R over L, step L side, cross step L behind R?, sweep L from front to back**

**右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足由前繞至後**

**7-8**

**藤步繞**

**Cross step L behind R, step R side (facing 3 o’clock)**

**左足於右足後交叉踏, 右足右踏(面向3點鐘)**

**第八段**

**L cross step, R sweep over, R cross step, L side, R cross behind, ¼ L & L fwd, ½ L pivot turn**

**左交叉踏, 右繞, 右交叉踏, 左側, 右後交叉, 左轉1/4左前, 左轉1/2**

**1-2**

**(與前併)**

**Cross step L over R, sweep R from back to front**

**左足於右足前交叉踏, 右足由後繞至前**

**3-4**

**藤步左90**

**5-6**

**Cross step R over L, step L side**

**右足於左足前交叉踏, 左足左踏**

**Cross step R behind L, turning ¼ left step L forward**

**右足於左足後交叉踏, 左轉90度左足前踏**

**7-8 踏 轉**

**Step R forward, pivot ½ left (facing 6 o’clock)**

**右足前踏, 左轉180度(面向6點鐘)**

**NB:**

**Nota bene**

**注意**

**Turn ¼ left to start dance on next wall (facing 3 o’clock)**

**左轉90度從頭起跳(面向3點鐘)**

**ENDING: Final rotation will start facing back wall. Dance 1st 32 counts changing 31-32: turning ¼ R towards front wall step R side, step L forward & hold (the end)**

**照原舞序跳音樂結束時最後一圈會面向後面牆, 跳第四段最後二拍改成**

**右轉90度右足右踏, 左足前踏 & 候**