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| Black Sweat (黑汗) (zh) |  |

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| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate/Advanced | . |
| **Choreographer:** | Maurice Rowe (USA) & Roberto Corporan (USA) - 2010年09月 | | | | |
| **Music:** | Black Sweat - Prince : (CD: 3121) | | | | |
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**前奏： Intro: 64 counts  64拍後起跳**

**Part A: 64 counts  A部份：64拍**

**第一段**

**Behind, Forward, Out, Ball Side, Hold, Heel Swivels**

**後, 1/4, 左, 候, 併 左, 候, 旋轉足踵**

**1&2,3**

**Weight starts on Right. Step Left behind Right, 1/4 turn right stepping Forward on Right, step Left to left, hold.**

**左足於右足後踏, 右轉90度右足前踏, 左足左踏, 候**

**&4**

**Step Right to center, step Left to left**

**右足回踏, 左足左踏**

**5&6**

**Cross Right over Left, step back on Left, step forward on Right**

**右足於左足前交叉踏, 左足後踏, 右足前踏**

**7**

**Hold.  候**

**&8**

**Swivel heels right, then back to center**

**雙足踵轉向右, 雙足踵轉回**

**第二段**

**Rock, Recover, Coaster, Walk 1/2 Turn Left Out Out, Hold, Knee Pops**

**下沉 回復, 海岸步, 踏 反轉大 大, 候, 膝彈**

**1,2**

**Press Right foot into a forward rock, recover**

**右足前壓下沉, 左足回復**

**3&4**

**Step back on Right, Left together, forward on Right**

**右足後踏, 左足併踏, 右足前踏**

**5&6**

**Step forward Left, 1/2 turn left stepping Right to right, Left to left.  左足前踏, 左轉180度右足右踏, 左足左踏**

**7**

**Hold  候**

**&8**

**Transfer weight to Right popping Left knee up, transfer weight back to Left popping Right knee up  重心在右足左膝彈, 重心在左足右膝彈**

**第三段**

**Right Sailor, Left Sailor, Hood 3/4 Turn Out Out, Hold, Foot Swivels**

**右水手, 左水手, 3/4勾 大 大, 候, 旋轉雙足**

**1&2**

**Cross Right foot behind Left, step Left to left, step Right to right.**

**右足於左足後交叉踏, 左足左踏, 右足右踏**

**3&4**

**Cross Left foot behind Right, step Right to right, step Left to left.**

**左足於右足後交叉踏, 右足右踏, 左足左踏**

**5&6**

**Hook Right foot making a 3/4 turn right, step out right, left.**

**右轉270度右足勾, 右足右踏, 左足左踏**

**7**

**Hold  候**

**&8**

**Swivel feet to left with Left heel down and Left toe up, Right heel down and Right toe up.  雙足轉向左, 足踵踏, 足趾抬**

**第四段**

**Push Right, Left, 1/4 Shuffle, 1/2 Pivot Turn, Step Left, Right, Touch, Hold, Knee Pop  推右, 推左, 1/4轉交換, 1/2踏 踏 點, 候, 膝彈**

**1,2**

**"Push" Right out stepping Right to right, "push" Left out stepping Left to left  右足推向右, 左足推向左**

**3&4**

**1/4 turn right shuffling Right, Left, Right**

**右90度轉交換-右, 左, 右**

**5&6**

**1/2 pivot turn, step Left, Right, touch Left next to Right**

**左轉180度左足踏, 右足踏, 左足併點**

**7**

**Hold  候**

**&8**

**Transfer weight onto Left popping Right knee up, transfer weight back to Right popping Left knee up.**

**重心移至左足右膝彈, 重心至右足左膝彈**

**第五段**

**Walk Left, Right, 3/4 Turn Hold, Ball Side, Cross Rock Recover, Right**

**走 走, 踏 1/2 1/4, 候 併 左, 交叉曼波**

**1,2**

**Walk forward Left, Right  左足前走, 右足前走**

**3&4**

**Step Left forward, 1/2 pivot turn right, making a 1/4 turn right step Left to left  左足前踏, 右軸轉180度, 右轉90度左足左踏**

**5**

**Hold  候**

**&6**

**Step on ball of right, step Left to left.  右足踏, 左足左踏**

**7&8**

**Cross rock Right over Left, recover weight to Left, step Right to right  右足於左足前交叉下沉, 左足回復, 右足右踏**

**第六段**

**Cross, 1/4 Turn, Full Turn, Walk Right, Left, Hold, Ball Side**

**交叉 1/4, 轉 踏 轉, 走 走, 候 併 踏**

**1,2**

**Cross Left over Right, 1/4 turn left stepping back on Right**

**左足於右足前交叉踏, 左轉90度右足後踏**

**3&4**

**Swing Left 1/2 turn left, step forward on Right, pivot 1/2 left**

**左轉180度, 右足前踏, 左軸轉180度**

**5,6**

**Step forward Right, Left  右足前踏, 左足前踏**

**7**

**Hold  候**

**&8**

**Ball step Right to center, Left foot forward**

**右足回踏, 左足前踏**

**第七段**

**Forward Right, 1/4 Turn Left, Switches Left, Right, Hook 1/2 Turn Out Out, Crossing Jump, Recover**

**踏 1/4, 踏 點 踏 點, 轉勾 大 大, 交叉踏 回復**

**1,2**

**Step Right forward, 1/4 turn left**

**右足前踏, 左轉90度**

**&3**

**Bring Right to center and point Left to left**

**右足回踏, 左足左點**

**&4**

**Bring Left to center and point Right to right**

**左足回踏, 右足右點**

**5&6**

**Hook Right making 1/2 turn right, stepping Right to right, Left to left  右轉180度右足勾, 右足右踏, 左足左踏**

**&7&8**

**Jump, crossing Right over Left, then jump feet back to starting position, shoulder width apart**

**跳, 右足於左足前交叉踏, 後跳, 後跳與肩同寬**

**第八段**

**1/4 Turn Right, 1/4 Right, 1/4 Right Shuffle, Forward On Left, 1/2 Turn, Left Shuffle 1/4 1/4, 1/4轉交換, 踏 轉, 轉交換**

**1,2**

**1/4 turn right stepping forward on Right, 1/4 turn right stepping forward on Left  右轉90度右足前踏, 右轉90度左足前踏**

**3&4**

**1/4 right turn shuffling Right, Left, Right**

**右90度轉交換-右, 左, 右**

**5,6**

**Step forward Left, 1/2 turn left stepping back on Right**

**左足前踏, 左轉180度右足後踏**

**7&8**

**Shuffle 1/2 turn left, Left, Right, Left**

**左180度轉交換-左, 右, 左**

**Part B: 40 Counts  B部份：40拍**

**第一段**

**Hip Bumps X4, ¾ Turn, Drag Ball Cross  推臀, 1/2 1/4, 拖 併 交叉**

**1&2**

**Step right foot ¼ turn to the right side while bumping your hips right left right  右足踏右轉90度帶推臀-右, 左, 右**

**3&4**

**While bumping your hips Left Right Left make ¼ turn Left**

**推臀-左, 右, 左, 並左轉90度**

**5&**

**Step Right foot forward, make ½ pivot turn over the left shoulder weight on the left  右足前踏, 左軸轉180度重心在左足**

**6**

**Making a 1/4 turn left, step right to right side, drag left into right  左轉90度右足右踏左足拖併**

**7**

**Hold  候**

**&8**

**Left steps next to right and right crosses over**

**左足併踏, 右足於左足前交叉踏**

**第二段**

**Side Touch X2, Step Out X3, Forward  側 點二次, 大 大 大, 1/4踏**

**1**

**Step left foot to the side  左足左踏**

**2**

**Touch right behind left  右足於左足後點**

**3**

**While pivoting on left leg make ¼ turn right touching right beside left  右軸轉90度右足併點**

**4**

**Hold  候**

**5**

**Step right out to right side  右足右踏**

**6**

**Step left out to left side  左足左踏**

**7**

**Step right out to right side  右足右踏**

**8**

**make ¼ turn left forward  左轉90度左足前踏**

**第三段**

**Step ½ Turn X2, Out X2, Run X4, Step Forward**

**踏 轉, 踏 轉, 大 大, 跑步4次, 踏**

**1**

**Step right foot forward  右足前踏**

**2**

**½ pivot turn over left shoulder, weight on left foot**

**左軸轉180度重心在左足**

**3**

**step right foot forward  右足前踏**

**&4**

**On the ball of the right foot make a 1/2 turn over left shoulder, pivoting on the right leg stepping out on Left, touching Right to right (weight remains on Left)**

**重心在右足左轉180度左足左踏, 右足右點(重心在左足)**

**5&**

**(optional-With knees slightly bent) run forward right left**

**(可選擇雙膝略彎)右足前跑, 左足前跑**

**6&**

**(optional-With knees slightly bent) run forward right left**

**(可選擇雙膝略彎)右足前跑, 左足前跑**

**7**

**Hold  候**

**8**

**Step right foot forward  右足前踏**

**第四段**

**Walk X2, ½ Pivot Turn, ¾ Turn, Side Ball Cross**

**走 走, 踏 轉 踏, 轉 轉 1/4, 側 併 交叉**

**1**

**step left foot forward  左足前踏**

**2**

**step right foot forward  右足前踏**

**3&4**

**step left foot forward make a ½ pivot turn over the right shoulder (weight on right) step left foot forward**

**左足前踏, 右軸轉180度(重心在右足), 左足前踏**

**5&**

**while making a ½ turn over the left shoulder step right back, make another ½ turn over left shoulder stepping left forward**

**左轉180度右足後踏, 左轉180度左足前踏**

**6-7**

**Making 1/4 turn left, step right to right side, drag left foot in, Hold  左轉90度右足右踏左足拖併, 候**

**&8**

**Left steps next to right and right crosses over**

**左足併踏, 右足於左足前交叉踏**

**第五段**

**Step Back, Full Turn, Reverse Turn Back, Side Together Side**

**1/4後, 轉圈, 反轉 後, 右追步**

**1**

**Making a 1/4 turn right, step back on left  右轉90度左足後踏**

**2**

**1/2 turn right stepping forward on Right  右轉180度右足前踏**

**3&4**

**step left foot forward, ½ pivot turn over right shoulder (weight on right), step left foot forward**

**左足前踏, 右軸轉180度(重心在右足), 左足前踏**

**5**

**Making a 1/2 turn left step back on Right  左轉180度右足後踏**

**6**

**step left back  左足後踏**

**7&8**

**step right foot to the side, step left foot next to right, right foot to the side  右足右踏, 左足併踏, 右足右踏**