S & M (禁忌遊戲) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Shaz Walton (UK) - 2011年02月
Music: S&M - Rihanna

前奏： 64 count intro – start on lyrics

第一段 Toe. Heel. Cross. Toe. Heel. Toe. Heel. Step.

1-2 Touch right toe next to left with right knee in. Touch right heel next to left with right toes to right
右足趾併點右膝向內轉, 右足踵併點右足趾向右

3-4 Cross right over left. Touch left toe next to right with left knee in.
右足於左足前交叉踏, 左足趾併點左膝向內轉

5-6 Touch left heel next to right with left toes out to left. Touch left toe next to right with left knee in.
左足踵併點左足趾向左, 左足趾併點左膝向內轉

7-8 Touch left heel next to right with left toes out to left. Step left beside right. (Use your hips during this whole section!)
左足踵併點左足踵向左, 左足併踏(整段臀部配合動作擺動)

第二段 Rock. Recover. ¼. Point. ¼. ½. Shuffle ½.

1-2 Rock forward on right. Recover on left. 右足前下沉, 左足回復

3-4 Make ¼ right stepping right to right side. Touch left to left side.
右轉90度右足右踏, 左足左點

5-6 Make ¼ left stepping left forward. Make ½ left stepping back right.
左轉90度左足前踏, 左轉180度右足後踏

7&8 Shuffle 1/2 turn left, stepping L-R-L
左180度轉交換-左, 右, 左

第三段 Rock forward. Recover. Rock. Side. Recover. Rock back. Recover. ½. ¼.

1-2 Rock forward right. Recover on left. 右足前下沉, 左足回復

3-4 Rock right to right side. Recover on left. 右足右下沉, 左足回復

5-6 Rock right back. Recover on left. 右足後下沉, 左足回復

7-8 Make ½ left stepping back right. Make ¼ left stepping left beside right.
左轉180度右足後踏, 左轉90度左足併踏

第四段 Toe. Drop/slide/ toe. Drop/slide. Back. Back. Forward. Kick.

1-2 Dig right toes beside left . drop right heel as you lift left heel and slide left foot back. 右足趾併點蹲, 右足踵踏左足踵抬向後滑

3-4 Drop left heel as you raise heel of right and slide right foot back.
左足踵踏右足踵抬向後滑

5-6 Step back right. Step back left. 右足後踏, 左足後踏

7-8 Step forward right. Kick left foot forward. 右足前踏, 左足前踢

Restarts- wall 3 & 6 Restart the dance again facing the front both times.
Dance the following: 第三面牆及第六面牆跳至此, 多做&拍左轉90度至前面牆從頭起跳

7-8& step forward right. Kick left forward; make ¼ left stepping left down.
右足前踏, 左足前踢, 左轉90度左足踏

第五段 Drop kick. Step. Scuff. Step. Step. ¼. Cross. Side.

1-2 Step left down as you kick right forward. Step right forward.
左足踏右足前踢, 右足前踏

3-4 Scuff & hitch left. Step left forward. 左足擦踢抬, 左足前踏

5-6 Step right forward. Make ¼ left. 右足前踏, 左轉90度

7-8 Cross right over left. step left to left side.
右足於左足前交叉踏, 左足左踏

第六段 Knee twist. Cross hitch. Side. Drag. Behind. ¼. Rock. Recover.

1-2 Twist right knee in to meet left. Twist right knee to right side. (Weight on right) 右膝轉向左, 右膝轉向右(重心在右足)

3-4 Hitch left knee across right. Make a big step to left with left as you drag right heel to left.
左膝於右足前抬, 左足左一大步右足踵拖併

5-6 Step right behind left. Make ¼ left stepping left forward.
右足於左足後踏, 左轉90度左足前踏

7-8 Rock forward right. Recover left. 右足前下沉, 左足回復

第七段 Walk Around ¾ Turn right.

1-2 Make ¼ right stepping right forward. Hold. 右轉90度右足前踏, 候

3-4 Step forward left. Hold. 左足前踏, 候

5-6 Make ¼ right stepping right forward. Hold. 右轉90度右足前踏, 候

7-8 Make ¼ right stepping left to left side. Hold 右轉90度左足左踏, 候
(feel the beat....do what the music tells you to do J)
感受這個音樂節拍, 跟著節拍舞動

第八段 Back rock. Recover. Side bump. sit. Back rock. Recover. Side bump. sit.

1-2 Rock back on right. Recover on left. 右足後下沉, 左足回復

3&4 Touch right to right as you bump right hip to side. Bump left. Sit over right hip. 右足右點右推臀, 左推臀, 呈坐姿於右臀

5-6 Rock back on left. recover on right. 左足後下沉, 右足回復

7&8 Touch left to left as you bump left hip to side. Bump right. Sit over left hip 左足左點左推臀, 右推臀, 呈坐姿於左臀
