Just One Look (驚鴻一瞥) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate

Choreographer: Dee Musk (UK) - 2009年02月

Music: Just One Look - The Hollies : (CD: Finest - 2:31)

前奏： 16 Count Intro. Approx 8 seconds

第一段 Shuffle Back, Back Rock, Shuffle Forward, Step ¼ Turn L.
後交換, 後下沉, 前交換, 踏轉1/4

1&2 後交換 Shuffle back R, L, R.
後交換步-右, 左, 右

3,4 下沉回復 Rock back on L, recover weight to R. (Optional look back over L shoulder).
左足後下沉, 右足回復(左肩後看)

5&6 前交換 Shuffle forward L, R, L.
前交換-左, 右, 左

7,8 踏90 Step forward on R, make a ¼ turn L. (Weight now on L). (9 o'clock).
右足前踏, 左轉90度(重心在左足)(面向9點鐘)

第二段 Cross Toe Strut, Side Toe Strut, Cross Back, Side Shuffle.
交叉趾踵, 側趾踵, 交叉 後, 側交換

1,2 點踏 Cross touch R toe over L, drop R heel.
右足趾於左足前交叉點, 右足踵踏

3,4 點踏 Touch L toe to L side, drop L heel.
左足趾左點, 左足踵踏

5,6 交叉 踏 Cross step R over L, step L back.
右足於左足前交叉踏, 左足後踏

7&8 右交換 Step R to R side, close L beside R, step R to R side. (9 o'clock).
右足右踏, 左足併踏, 右足右踏(面向9點鐘)

第三段 Cross Toe Strut, Side Toe Strut, Cross Back, Side Shuffle.
交叉趾踵, 側趾踵, 交叉 後, 側交換

1,2 點踏 Cross touch L toe over R, drop L heel.
左足趾於右足前交叉點, 左足踵踏

3,4 點踏 Touch R toe to R side, drop R heel.
右足趾右點, 右足踵踏

5,6 交叉 踏 Cross step L over R, step R back.
左足於右足前交叉踏, 右足後踏

7&8 左交換 Step L to L side, close R beside L, step L to L side. (9 o'clock).
左足左踏, 右足併踏, 左足左踏(面向9點鐘)

第四段 Cross Point, Behind Point, Back Rock, Forward Rock.
交叉點, 後點, 後下沉, 前下沉

1,2 交叉 點 Cross step R over L, point L toe to L side.
右足於左足前交叉踏, 左足趾左點

3,4 交叉 點 Cross step L behind R, point R toe to R side.
左足於右足後交叉踏, 右足趾右點

5,6 後下沉 回復 Rock back on R, recover weight to L.
右足後下沉, 左足回復

7,8 前下沉 回復	Rock forward on R, recover weight to L. (9 o’clock). 右足前下沉, 左足回復(面向9點鐘)