Not Tonight (今夜不孤單) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - 2010年05月
Music: Not Myself Tonight - Christina Aguilera

前奏： Starts After 48 Counts. 48拍後起跳

第一段 Side, Behind 1/4 Side, Back, Cross, 1/2, Mambo Step.
側, 後-1/4-側, 後, 交叉, 轉, 曼波

1 Step Left to Left side. 左足左踏

2&3 Cross step Right behind Left, make 1/4 turn to Left stepping forward on Left, step Right to Right side.
右足於左足後交叉踏, 左轉90度左足前踏, 右足右踏

4-5 Step back on Left, cross/lock Right over Left.
左足後踏, 右足於左足前交叉踏

6 Make 1/2 turn to Left stepping forward on Left.
左轉180度左足前踏

7&8 Rock forward on Right, recover on Left, step back on Right.
右足前下沉, 左足回復, 右足後踏

第二段 Back, Back, 1/4, 1/4, Rock & Side, Behind, Side, 1/4.
後, 後-1/4-1/4, 後下沉-回復-側踏, 後 旁 1/4前

1 Step back on Left. 左足後踏

2&3 Step back on Right, make 1/4 turn to Left stepping forward on Left, 1/4 turn tp Left stepping Right to Right side.
右足後踏, 左轉90度左足前踏, 左轉90度右足右踏

4&5 Cross rock Left behind Right, recover on Right, step Left to Left side. 左足於右足後交叉下沉, 右足回復, 左足左踏

6-7 Cross step Right behind Left, step Left to Left side.
右足於左足後交叉踏, 左足左踏

8 Make 1/4 turn to Left stepping forward on Right.
左轉90度右足前踏

****R** RESTART**: Wall 2 & Wall 5, Dance up to & including Count 16.. Then Restart dance from beginning.. Count 1.
第二面牆及第五面牆跳至此, 從頭起跳

第三段 Step, Rock & 1/2, 1/2, Side 1/8, Side 1/4, Step, Cross 1/8.
踏, 曼波轉, 轉, 1/8右, 1/4左, 踏, 1/8交叉

1 Step forward on Left. 左足前踏

2&3 Rock forward on Right, recover on Left, make 1/2 turn to Right stepping forward Right. 右足前下沉, 左足回復, 右轉180度右足前踏

4 Make 1/2 turn to Right stepping left next to Right.
右轉180度左足併踏

5-6 Make 1/8 to Right stepping Right to Right side (7:30), make 1/4 turn to Left stepping Left to Left side (4:30).
右轉45度右足右踏(面向7:30), 左轉90度左足左踏(面向4:30)

7-8 Step forward on Right, make 1/8 turn to Left as you plop step Left over Right (3:00) 右足前踏, 左轉45度左足於右足前交叉踏(面向3點鐘)

第四段 & 1/4, Side, Cross, 1/4 Rock, Recover, Back 1/2 Step, Step, Touch.
1/4-側, 交叉, 1/4下沉, 回復, 後-轉-踏, 踏 點

&1 Make 1/4 turn to Left stepping back on Right, step Left to Left side.
左轉90度右足後踏, 左足左踏

2-3	Cross step Right over Left, make 1/4 to Left rocking forward on Left. 右足於左足前交叉踏, 左轉90度左足前下沉
4	Recover on Right.　右足回復
5&6	Step back on Left, make 1/2 turn to Right stepping forward on Right, step forward Left. 左足後踏, 右轉180度右足前踏, 左足前踏
7-8	Step forward on Right, touch Left next to Right. 右足前踏, 左足併點