Lover's Heart (愛人的心) (zh)

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Francien Sittrop (NL) - 2010年02月

Music: Cupid - Boyz II Men : (Album - Love)

前奏： Intro : Start after 32 counts

第一段 Cross Rock, Recover, Back, Sweep, Behind , Side, Lock Step Fwd
交叉下沉, 回復, 後, 繞, 後, 側, 前鎖步

1 – 2 Cross Rock R fwd, Recover on L 右足於左足前交叉下沉, 左足回復

3 – 4 Step R back, Sweep L from front to Back
右足後踏, 左足由前繞至後

5 – 6 Step L behind R, Step R to R side 左足於右足後踏, 右足右踏

7 & 8 Step L fwd, Step R behind L, Step L fwd
左足前踏, 右足於左足後踏, 左足前踏

第二段 Rock fwd, Recover, ½ R step Fwd, Hold , Full Turn R, ¼ R with Side Shuffle
下沉, 回復, 1/2踏, 候, 轉圈, 1/4左追步

1 – 2 Rock R fwd, Recover on L 右足前下沉, 左足回復

3 – 4 ½ Turn R step R fwd, Hold (6.00)
右轉180度右足前踏, 候(面向6點鐘)

5 – 6 ½ Turn R step L back, ½ Turn R step R fwd (6.00)
右轉180度左足後踏, 右轉180度右足前踏(面向6點鐘)

7 & 8 ¼ Turn R into Side shuffle L (9.00)
右轉90度左足左踏, 右足併踏, 左足左踏(面向9點鐘)

第三段 Rock Back , Recover , ½ L step Back, Hold, Diag . Back, Cross, Lockstep Back (diag. L) 後下沉 回復, 1/2後, 候, 斜後, 交叉,

1 – 2 Rock R back, Recover on L 右足後下沉, 左足回復

3 – 4 ½ Turn L step R back, Hold (3.00)
左轉180度右足後踏, 候(面向3點鐘)

5 – 6 Step L Diag. L back , Lock R across L
左足左斜角後踏, 右足於左足前交叉鎖踏

7 & 8 Step L back, Step R across L, Step L back (Diag. L)
左足後踏, 右足於左足前交叉踏, 左足左斜角後踏

第四段 Rock R Back, Recover, Step Fwd, Hold, Full Turn R, L Shuffle Fwd
後下沉, 回復, 踏, 候, 右轉圈, 前交換

1 – 2 Rock R back, Recover on L 右足後下沉, 左足回復

3 – 4 Step R fwd , Hold (3.00) 右足前踏, 候(面向3點鐘)

5 – 6 ½ Turn R and Step L back, ½ Turn R and step R fwd
右轉180度左足後踏, 右轉180度右足前踏

7 & 8 L Shuffle Fwd with L,R,L (3.00) 前交換-左, 右, 左(面向3點鐘)

Tag : 48 counts (Waltz) 加拍:48拍(華爾滋舞步)

第一段 Step Fwd, Sweep x2 , Twinkle fwd x2
踏 繞共二次, 華士步二次

1 – 3 Step R fwd, Sweep L fwd in 2 counts
右足前踏, 左足以2拍繞至前

4 – 6 Step L fwd, Sweep R fwd in 2 counts
左足前踏, 右足以2拍繞至前

7 – 9 Step R across L, Step L to L side, Step R to R side
右足於左足前交叉踏, 左足左踏, 右足右踏

10 -12 Step L across R, Step R to R side, Step L to L side
左足於右足前交叉踏, 右足右踏, 左足左踏

第二段 Step Back x2, Twinkle Back , Behind , Side, Cross
後踏二次, 後華士步, 後, 旁, 前交叉

1 – 3 Step R back, Sweep L back in 2 counts
右足後踏, 左足以2拍繞至後

4 – 6 Step L back , Sweep R back in 2 counts
左足後踏, 右足以2拍繞至後

7 – 9 Step R behind L, Step L to L side, Step R to R side
右足於左足後踏, 左足左踏, 右足右踏

10–12 Step L behind R, Step R to R side, Step L across R
左足於右足後踏, 右足右踏, 左足於右足前交叉踏

第三段 Lunge Diag., Recover, Behind, ¼ Turn L step fwd, Step Fwd, Kick, Twinkle Step Back 斜前曲膝踏, 回復, 後, 1/4踏, 踏, 踢, 後華士步

1 – 3 Lunge R Diag fwd (3counts) 右斜角以3拍前曲膝踏

4 – 6 Recover on L, step R behind L, ¼ Turn L step L fwd
左足回復, 右足於左足後踏, 左轉90度左足前踏

7 – 9 Step R fwd, Kick L in 2 counts fwd 右足前踏, 左足以2拍前踢

10-12 Step L behind R, Step R next to L, Step L to L side
左足於右足後踏, 右足併踏, 左足左踏

第四段 Step R fwd, Holdx2, ½ L, Hold x2, Step R fwd, ¼ R with Sweep, Fwd, Sweep
右足前踏, 候2拍, 1/2, 候2拍, 踏 轉1/4帶繞, 踏, 繞

1 – 3 Step R fwd, Hold 2 counts 右足前踏, 候2拍

4 – 6 ½ Turn L (weight on L) , Hold 2 counts
左轉180度重心在左足, 候2拍

7 – 9 Step R fwd, ¼ Turn R with L sweep fwd in 2 counts
右足前踏, 右轉45度左足以2拍繞至前

10-12 Step L fwd, Sweep R fwd in 2 counts
左足前踏, 右足以2拍繞至前

Tag 2x after wall 8 第八面牆結束, 有一個加拍, 跳兩次48拍

First time tag do 48 counts (Waltz), Second time: do the first 40 counts tag then replace the last 8 counts with the following steps (same steps as first tag but other counting):
第一次做48拍, 第二次做40拍後, 換做下面8拍, 舞步一樣, 但不一樣的拍數

1 – 2 Step R fwd , Hold 右足前踏, 候

3 – 4 ½ Turn L (weight on L) , Hold 左轉180度重心在左足, 候

5 – 6 Step R fwd, ¼ Turn R with L sweep fwd
右足前踏, 右轉90度左足繞至前

7 – 8 Step L fwd, Sweep R fwd 左足前踏, 右足繞至前