Mi Amor (我的愛人) (zh)

Count: 48 **Wall:** 4 **Level:** Intermediate
Choreographer: Leong Mei Ling (MY) - 2010年05月
Music: Mi Amor - Audrey Landers & Camilo Sesto

前奏： Intro: 16 count intro 16拍後起跳

第一段 Side, Cross Rock, Side, Cross Rock
左側 候, 交叉下沉 回復, 右側 候, 交叉下沉 回復

1-4 Step Left to side, hold, Step Right across Left, recover to Left
左足左踏, 候, 右足於左足前交叉下沉, 左足回復

5-8 Step Right to side, hold, Step Left across Right, recover to Right
右足右踏, 候, 左足於右足前交叉下沉, 右足回復

第二段 1/4 + 1/2 Left, Back, 1/2 Turn, 1/4 Left Step Side, Ball Cross
1/4 1/2, 後 1/2, 1/4 拖, 併 交叉

1-2 1/4 turn left step Left forward, (still on Left foot) 1/2 turn left bringing Right toe towards Left [3:00]
左轉90度左足前踏, 左轉180度右足趾前點(面向3點鐘)

3-4 Step Right back, 1/2 left step Left forward [9:00]
右足後踏, 左轉180度左足前踏(面向9點鐘)

5-6 1/4 turn left step Right to side, draw left towards Right [6:00]
左轉90度右足右踏, 左足拖併(面向6點鐘)

7-8 Step ball of Left beside Right, cross Right over Left
左足併踏, 右足於左足前交叉踏

第三段 1/4 Back, 1/4 Side, Cross; 1/4 Back, 1/4 Side, Cross
1/4後, 1/4側, 交叉, 1/4後, 1/4側, 交叉

1-2 1/4 turn right stepping Left back, draw Right towards Left (as you begin to turn 1/4 right, let Right rest across Left)
右轉90度左足後踏, 右足拖併(右轉90度, 右足於左足前交叉, 重心仍在左足)

3-4 Step Right to side, cross Left over Right [12:00]
右足右踏, 左足於右足前交叉踏(面向12點鐘)

5-6 1/4 turn left step Right back, draw Left towards Right (as you begin to turn 1/4 left) 左轉90度右足後踏, 左足拖併(左轉90度)

7-8 Step Left to side, cross Right over Left [6:00]
左足左踏, 右足於左足前交叉踏(面向6點鐘)

第四段 Recover, Sweep, Back Rock, 3/4 Left, Sway
回復, 繞, 後下沉, 左3/4, 繞

1-2 Recover weight to Left, sweep Right from front to back
左足回復, 右足由前繞至後

3-4 Rock back on Right, recover to Left 右足後下沉, 左足回復

5-6 Step Right forward, (weight still on Right) spiral 3/4 left (ending with Left foot resting over Right) [9:00]
右足前踏, (重心仍在右足)左螺旋轉270轉(結束時左足於右足前交叉, 重心仍在右足)

7-8 Step Left to side (sway), recover to Right (sway)
左足左踏左擺臀, 右足回復右擺臀

Wall 6: **RESTART HERE [12:00]** 第六面牆面向12點鐘, 從頭起跳

On Wall 7 [9:00]: add TAG #2, then RESTART
TAG #2: On Wall 7 after 32cts [9:00]
第七面牆面向9點鐘, 跳至此, 加下面4拍後, 從頭起跳

Behind, Side, Cross Rock 後, 旁, 前交叉, 回復

1-4 Step Left behind Right, step Right to side, step Left across Right, recover to Right
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉下沉, 右足回復

第五段 Sway Left, Recover To Right, Behind, 1/4 Right, Sweep, Unwind
擺臀, 回復, 後, 1/4, 繞, 轉

1-4 Sway left (over 2 cts), recover weight to Right (body angled to left diagonal, draw Left toe towards Right, pushing hips back), step Left behind Right
以2拍左擺臀, 右足回復(身體面向左斜角, 左足拖併, 後推臀), 左足於右足後踏

5-6 1/4 right step Right forward [12:00], sweep Left back to front and across Right 右轉90度右足前踏(面向12點鐘), 左足由後繞至前

7-8 Place weight on Left, unwind 3/4 right (ending with weight on Right) [9:00]
重心在左足(左足於右足前交叉踏), 右繞轉270度(重心結束在右足)(9點鐘)

第六段 Side, Hold, Together, Step, Step, 1/4 Touch, Step, 1/2 Back, 1/4 Left
側, 候, 併, 踏, 踏 1/4點, 踏, 1/2後, 1/4左

1-4 Step Left to side, hold, step Right beside Left, step Left forward
左足左踏, 候, 右足併踏, 左足前踏

5-6 Step Right forward, pivot 1/4 right touch Left beside Right [12:00]
右足前踏, 右轉90度左足併點(面向12點鐘)

7-8& Step Left forward, 1/2 left stepping Right back, 1/4 turn left (and begin dance again) [3:00]
左足前踏, 左轉180度右足後踏, 左轉90度從頭起跳(面向3點鐘)

TAG #1: AFTER Walls 2 & 5 [facing 6:00 & 3:00 respectively]
第二面牆(面向6點鐘)及第五面牆(面向3點鐘)結束時

Side, Hold, Cross Rock, Step Cross, Side
側, 候, 交叉下沉 回復, 側 交叉, 側, 拖併

1-4 Step Left to side, hold, cross Right over Left, recover to Left
左足左踏, 候, 右足於左足前交叉下沉, 左足回復

5-6 Step Right to side, cross left over Right
右足右踏, 左足於右足前交叉踏

7-8 Step Right to side, touch Left beside Right (or gently draw towards Right) 右足右踏, 左足併點(或左足拖併)

To End (Wall 9): On Section 4, change 5-8 as follows:
第九面牆跳至第四段, 將5-8拍改成下面舞步, 做個結束

5-6 Step Right forward, turn 1/2 left (weight on Right) [12:00]
右足前踏, 左轉180度(重心在右足)(面向12點鐘)

7-8 Step Left to side (sway), recover to Right (sway)
左足左踏左擺臀, 右足回復右擺臀