Medina (美蒂娜) (zh)

Count: 64 **Wall:** 2 **Level:** Improver
Choreographer: Niels Poulsen (DK) - 2009年10月
Music: You and I - Medina : (4:15)

前奏： Intro: 8 counts from first beat (app. 4 seconds into track). Start with weight on L foot

第一段 R Touch Ball Step X2, Step ½ L, Walk R L
點併踏二次, 踏轉, 走走

1&2 Touch R slightly fw (1), step R a small step back (&), step fw on L (2) [12:00] 右足略前點, 右足略後踏, 左足前踏(面向12點鐘)

3&4 Touch R slightly fw (3), step R a small step back (&), step fw on L (4) [12:00] 右足略前點, 右足略後踏, 左足前踏(面向12點鐘)

5–6 Step fw on R (5), turn ½ L stepping onto L (6) [6:00]
右足前踏, 左轉180度左足踏(面向6點鐘)

7–8 Walk fw on R (8), walk fw on L (7) [6:00]
右足前走, 左足前走(面向6點鐘)

第二段 Step - Heel Twist X 2, Step ½ L, Step ¼ L
踏, 踵轉二次, 踏轉, 踏90

1&2 Step slightly fw on R (1), twist both heels right (&), twist both heels to centre (2) [6:00] 右足略前踏, 雙足踵右轉, 左足踵轉回(面向6點鐘)

3&4 Step slightly fw on L (3), twist both heels left (&), twist both heels to centre (2) [6:00] 左足略前踏, 雙足踵左轉, 雙足踵轉回(面向6點鐘)

5–6 Step fw on R (5), turn ½ L stepping onto L (6) [12:00]
右足前踏, 左轉180度左足踏(面向12點鐘)

7–8 Step fw on R (7), turn ¼ L stepping onto L (8) [9:00]
右足前踏, 左轉90度左足踏(面向9點鐘)

第三段 R Samba Step, L Samba Step, R Jazz Box With ½ R
右森巴, 左森巴, 爵士方塊帶右轉

1&2 Cross R over L (1), rock L to L side (&), recover on R (2) [9:00]
右足於左足前交叉踏, 左足左下沉, 右足回復(面向9點鐘)

3&4 Cross L over R (3), rock R to R side (&), recover on L (4) [9:00]
左足於右足前交叉踏, 右足右下沉, 左足回復(面向9點鐘)

5–6 Cross R over L (5), turn ¼ R stepping back on L (6) [12:00]
右足於左足前交叉踏, 右轉90度左足後踏(面向12點鐘)

7–8 Turn ¼ R stepping fw on R (7), step L to L side (8) [3:00]
右轉90度右足前踏, 左足左踏(面向3點鐘)

第四段 R Sailor, L Sailor, Cross R Behind L, Unwind ½ R, Cross L Over R, Point R To R Side
水手步, 水手步, 右足於左足後交叉踏, 右繞轉, 左足於右足前交叉踏, 右足右點

1&2 Cross R behind L (1), step L to L side (&), step R a small step to R side (2) [12:00]
右足於左足後交叉踏, 左足左踏, 右足略右踏(面向12點鐘)

3&4 Cross L behind R (3), step R to R side (&), step L a small step to L side (4) [12:00]
左足於右足後交叉踏, 右足右踏, 左足略左踏(面向12點鐘)

5–6 Cross touch R behind L (5), unwind ½ R stepping onto R foot (6) [9:00]
右足於左足後交叉點, 右繞轉180度右足踏(面向9點鐘)

7–8 Cross L over R (7), point R to R side (8) [9:00]
左足於右足前交叉踏, 右足右點(面向9點鐘)

第五段 Diagonal Extended R Cross Shuffle, Diagonal Extended L Cross Shuffle
右斜角延伸交叉交換, 左斜角延伸交叉交換

1&2& Cross R over L (1), step L a small step diagonally fw (&), cross R over L (2), step L a small step diagonally fw (&) (moving towards 7:30) [7:30]
右足於左足前交叉踏, 左足略斜前踏, 右足於左足前交叉踏, 左足略斜前踏(面向7:30)

3&4 Cross R over L (3), step L small step diagonally fw (&), cross R over L (4) (moving towards 7:30) [7:30]
右足於左足前交叉踏, 左足略斜前踏, 右足於左足前交叉踏(面向7:30)

5&6& Cross L over R (5), step R a small step diagonally fw (&), cross L over R (6), step R a small step diagonally fw (&) (moving towards 10:30) [10:30]
左足於右足前交叉踏, 右足略斜前踏, 左足於右足前交叉踏, 右足略斜前踏(面向10:30)

7&8 Cross L over R (7), step R small step diagonally fw (&), cross L over R (8) (moving towards 10:30) [10:30]
左足於右足前交叉踏, 右足略斜前踏, 左足於右足前交叉踏(面向10:30)

第六段 Side Rock R, Together, Side Rock L, Sailor ¼ L, R Kick Ball Touch
右下沉回復, 併, 左下沉回復, 左/4水手, 右踢併點

1–2 Square up to 9:00 rocking R to R side (1), recover on L (2) [9:00]
右轉正右足右下沉, 左足回復(面向9點鐘)

&3–4 Bring R next to L (&), rock L to L side (3), recover on R (4) [9:00]
左足併踏, 左足左下沉, 右足回復(面向9點鐘)

5&6 Cross L behind R (5), turn ¼ L stepping R a small step R (&), step fw on L (6) [6:00]
左足於右足後交叉踏, 左轉90度右足略右踏, 左足前踏(面向6點鐘)

7&8 Kick R fw (7), step R next to L (&), touch L next to R (8) [6:00]
右足前踢, 右足併踏, 左足併點(面向6點鐘)

第七段 Fw L, Touch Together, Back R, Touch Together, Rock And Pop X2
踏, 併點, 後, 併點, 下沉彈膝二次

1–2 Step fw on L (1), touch R next to L (2) [6:00]
左足前踏, 右足併點(面向6點鐘)

3–4 Step back on R (3), touch L next to R (4) [6:00]
右足後踏, 左足併點(面向6點鐘)

5–6 Rock L fw popping R knee fw (5), recover on R popping L knee fw (6) [6:00]
左足前下沉右膝彈, 右足回復左膝彈(面向6點鐘)

7–8 Rock L fw popping R knee fw (7), recover on R popping L knee fw (8) [6:00]
左足前下沉右膝前彈, 右足回復左膝彈(面向6點鐘)

第八段 L Kick Ball Touch Fw, R Kick Ball Touch Fw, L Chasse, R Back Rock
左踢併前點, 右踢併前點, 左追步, 右後下沉

1&2 Kick L fw (1), step back on L (&), touch R slightly fw (2) [6:00]
左足前踢, 左足後踏, 右足略前點(面向6點鐘)

3&4 Kick R fw (3), step back on R (&), touch L slightly fw (4) [6:00]
右足前踢, 右足後踏, 左足略前點(面向6點鐘)

5&6 Step L to L side (5), bring R next to L (&), step L to L side (6) [6:00] 左足左踏, 右足併踏, 左足左踏(面向6點鐘)

7–8 Rock back on R (7), recover on L (8) [6:00]
右足後下沉, 左足回復(面向6點鐘)