I Can Lose My Heart Tonight (今夜我要愛上你) (zh)

Compte: 64 **Mur:** 4 **Niveau:** Phrased Improver
Chorégraphe: Amy Yang (TW) - 2017年06月
Musique: I Can Lose My Heart Tonight by (Discoteka 80 Moscow) C.C. Catch

Intro : 32 counts - Sequence of dance : B A A A(16) B / A A A A A A A(16)

PART A – 32 counts
Sec . A1: CROSS, POINT(R&L), JAZZ BOX

1 – 4	Cross RF over LF, Point LF to L, Cross LF over RF, Point RF to R
5 – 8	Cross RF over LF, Step LF back, Step RF to R, Cross LF over RF
1 - 4	右足交叉左足前,左足左側點,左足交叉右足前,右足右側點
5 - 8	右足交叉左足前,左足後踏,右足右踏,左足交叉右足前

Sec. A2: SIDE, RECOVER, CROSS SHUFFLE, SIDE, BEHIND, 1/4 TURN L FORWARD, BRUSH

1-2,3&4	Step RF to R, Recover onto LF, Cross RF over LF, Step LF to L, Cross RF over LF
5 – 8	Step LF to L, Cross RF behind LF, 1/4 turn L step LF forward, Brush RF forward(09:00)
1-2,3&4	右足右踏,重心回左足,右足交叉左足前,左足左踏,右足交叉左足前
5 – 8	左足左踏,右足交叉左足後,左轉 1/4左足前踏,右足前刷(09:00)

Sec . A3: TOE STRUT AND HIP BUMP(R&L), FORWARD, RECOVER, COASTER

1 - 4	Touch RF toe forward with hip bump, Step RF heel down, Touch LF toe forward with hip bump, Step LF heel down
5-6,7&8	Step RF forward, Recover onto LF, Step RF back, Step LF beside RF, Step RF forward
1 - 4	右足尖前點及推臀,右足腳跟踏下,左足尖前點及推臀,左足腳跟踏下
5-6,7&8	右足前踏,重心回左足,右足後踏,左足併於右足旁,右足前踏

Sec. A4: FORWARD, RECOVER, 1/2 TURN L FORWARD SHUFFLE, SWAY

1-2,3&4	Step LF forward, Recover onto RF, 1/2 turn L step LF forward, Lock RF behind LF, Step LF forward(03:00)
5 - 8	Step RF to R then sway hip R、L、R、L
1-2,3&4	左足前踏,重心回右足,左轉 1/2 左足前踏,右足鎖步於左足後,左足前踏(03:00)
5 – 8	右足右踏然後擺臀右、左、右、左

PART B – 32 counts
Sec . B1 SIDE MAMBO(R&L), MAMBO(FORWARD&BACK)

1&2,3&4	Step RF to R, Recover onto LF, Step RF beside LF, Step LF to L, Recover onto RF, Step LF beside RF
5&6,7&8	Step RF forward, Recover onto LF, Step RF back, Step LF back, Recover onto RF, Step LF forward
1&2,3&4	右足右踏,重心回左足,右足併於左足旁,左足左踏,重心回右足,左足併於右足旁
5&6,7&8	右足前踏,重心回左足,右足後踏,左足後踏,重心回右足,左足前踏

Sec. B2: WALK FORWARD(R, L, R), TOUCH, WALK BACK(L, R, L), TOUCH

1 - 4	Walk forward R, L, R, Touch LF forward
5 - 8	Walk back L, R, L, Touch RF back
1 - 4	前進走步右足、左足、右足,左足前點
5 - 8	後退走步左足、右足、左足,右足後點

Sec . B3: SIDE, TOUCH(R&L), ROLLING VINE, TOUCH

1 - 4	Step RF to R, Touch LF behind RF, Step LF to L, Touch RF behind LF

5 - 8	1/4 turn R stepping forward on RF, 1/2 turn R stepping back on LF, 1/4 turn R stepping RF to R, Touch LF to L(12:00)
1 – 4	右足右踏,左足點收於右足後,左足左踏,右足點收於左足後
5 - 8	右轉 1/4右足前踏,右轉 1/2 左足後踏,右轉1/4 右足右踏,左足點於左側 (12:00)

Sec . B4: SIDE, TOUCH(L&R), ROLLING VINE, TOUCH

1 - 4	Step LF to L, Touch RF behind LF, Step RF to R, Touch LF behind RF
5 - 8	1/4 turn L stepping forward on LF, 1/2 turn L stepping back on RF, 1/4 turn L stepping LF to L, Touch RF to R(12:00)
1 – 4	左足左踏,右足點收於左足後,右足右踏,左足點收於右足後
5 - 8	左轉 1/4左足前踏,左轉 1/2右足後踏,左轉1/4左足左踏,右足點於右側 (12:00)

Start again

Ending : During wall 12, after 16 counts. Pivot 1/2 turn L to face the front(facing 12:00)
結束:第十二面牆,跳16拍後,左轉 1/2 面向前(面向12: 00)

Have Fun & Happy Dancing!

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