# Inhibitions (愛無限) (zh)

**Compte:** 64 **Mur:** 4 **Niveau:** Intermediate
**Chorégraphe:** Peter Metelnick (UK) & Alison Metelnick (UK) - 2008年07月
**Musique:** Inhibitions - Alcazar

前奏： Start on verse vocals on the word … IF

**第一段** **R Side Touch, Hold, L & R Side Switches, R Fwd Rock & Recover, R Ball Cross 右點, 候, 收點數點, 下沉 回復-後-交叉, 右**

1-2 Touch R toes side, hold 右足趾右點, 候

&3&4 Step R together, touch L toes side, step L together, touch R toes side 右足併踏, 左足趾左點, 左足併踏, 右足趾右點

5-6 Rock R forward, recover weight on L
右足前下沉, 左足回復

&7-8 Step R back, cross step L over R, step R side
右足後踏, 左足於右足前交叉踏, 右足右踏

**第二段** **Weave R 2, L Cross Rock & Recover, L Ball Cross Into ½ R Hinge Turn, L Cross Step 後 旁 前下沉 回復-後-交叉 1/4後, 1/4旁, 前交叉**

1-4 Cross step L behind R, step R side, cross rock L over R, recover weight on R 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

&5-6 Step L back, cross step R over L, turning ¼ right step L back
左足後踏, 右足於左足前交叉踏, 右轉90度左足後踏

7-8 Turning ¼ right step R side, cross step L over R (6 o'clock)
右轉90度右足右踏, 左足於右足前交叉踏(面向6點鐘)

**第三段** **R Side Hold, R Side, L Touch Together, Vine L With ¼ L**
**右 候-併-右, 併點, 左華倫轉1/4**

1-2& Step R side, hold, step L together 右足右踏, 候, 左足併踏

3-4 Step R side, touch L together 右足右踏, 左足併點

5-8 Step L side, cross R behind L, turning ¼ left step L forward, step R forward (3 o'clock)
左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏(3點鐘)

**第四段** **L Fwd Rock & Recover, L Together, R Touch Step, Hold, L Fwd Rock & Recover, L Coaster Cross**
**下沉 回復-併-併點 候-踏-下沉 回復, 海岸交叉**

1-2 Rock L forward, recover weight on R
左足前下沉, 右足回復

&3-4 Step L together, touch R together (R knee popped forward), hold
左足併踏, 右足併點(右膝彈), 候

&5-6 Step right foot in place, rock L forward, recover weight on R
右足踏, 左足前下沉, 右足回復

7&8 Step L back, step R together, cross step L over R
左足後踏, 右足併踏, 左足於右足前交叉踏

**第五段** **R Toe Strut, L Back Rock & Recover, Vine L With L Ball Cross ¼ L Turn 趾踵步, 後下沉 回復, 左華倫帶1/4**

1-4 Touch R toes side, step R heel down, rock L back, recover weight on R 右足趾右點, 右足踵踏, 左足後下沉, 右足回復

5-6 Step L side, cross step R behind L
左足左踏, 右足於左足後交叉踏

&7-8 Step L side, cross step R over L, turning ¼ left step L forward (12 o'clock)
左足左踏, 右足於左足前交叉踏, 左轉90度左足前踏(面向12點鐘)

**第六段** **Turn ¼ L & R Toe Strut, L Back Rock & Recover, Vine L With L Ball Cross ¼ L Turn 1/4趾踵, 後下沉 回復, 左華倫帶1/4**

1-4 Turning ¼ left step R toe side, step R heel down, rock L back, recover weight on R 左轉90度右足趾右踏, 右足踵踏, 左足後下沉, 右足回復

5-6 Step L side, cross step R behind L
左足左踏, 右足於左足後交叉踏

&7-8 Step L side, cross step R over L, turning ¼ left step L forward (6 o'clock) 左足左踏, 右足於左足前交叉踏, 左轉90度左足前踏(6點鐘)

**第七段** **¾ L Turn, R & L Cross Points, R Coaster Step**
**1/2 1/4, 交叉 點 交叉 點, 海岸步**

1-2 Turning ½ Left Step R Back, Turning ¼ Left Step L Side (9 o'clock)
左轉180度右足後踏, 左轉90度左足左踏(面向9點鐘)

3-6 Cross step R over L, point L side, cross step L over R, point R side
右足於左足前交叉踏, 左足左點, 左足於右足前交叉踏, 右足右點

7&8 Step R back, step L together, step R forward
右足後踏, 左足併踏, 右足前踏

(On final wall you will get this far, step L forward and strike a pose!)
最後結束時跳至此, 左足前踏, 擺個姿勢結束舞曲

**第八段** **L Fwd Rock & Recover, ¼ L & L Together, R Fwd, ¼ L Pivot Turn, R Jazz Box 下沉 回復-1/4-踏 1/4, 爵士方塊**

1-2 Rock L forward, recover weight on R
左足前下沉, 右足回復

&3-4 Turning ¼ left step L together, step R forward, pivot ¼ left
左轉90度左足併踏, 右足前踏, 左軸轉90度

5-8 Cross step R over L, step L back, step R side, step L forward (3 o'clock) 右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前踏(面向3點鐘)

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