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| Faith & Desire (信念與慾念) (zh) |  |

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| **拍数:** | 32 | **墙数:** | 4 | **级数:** | Intermediate | . |
| **编舞者:** | Johanna Barnes (USA) |
| **音乐:** | Come On Get Higher - Matt Nathanson |
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**第一段**

**STEP, CROSS, ROCK & CROSS,R & L OUT, HIP ROLLS TOWARD 10 o’clock**

**踏, 交叉, 下沉回復, 交叉, 外 外, 轉臀轉10點鐘**

**1**

**L small step forward  左足略前踏**

**2**

**R small sweep forward across L  右足由後繞至左足前交叉踏**

**3**

**L rock out to L side 左足左下沉**

**&**

**recover weight R  右足回復**

**4**

**L step across R  左足於右足前交叉踏**

**5**

**R small step to R side  右足略右踏**

**6**

**L small step to L side  左足略左踏**

**7**

**counter-clockwise hip movement (to R)  開始右轉臀**

**&**

**continue hip roll side and forward (to L)  繼續轉臀**

**8**

**finish circular hip movement to weight R  結束轉臀一圈, 重心在右足**

**&**

**L step slightly forward, angle to 10 o’clock**

**左足略前踏, 身體面向10點鐘**

**\*alternatively, dancing with the music: hold on count 7 and sway, rock, or hip rolls R, L on “& 8,”finishing with weight on L (facing 10 o’clock)**

**簡易版：右擺臀, 左擺臀, 結束重心在左足(面向10點鐘)**

**第二段**

**PREP-HITCH, ½ R, L PUSH-RECOVER BACK,TOUCH, ½ PIVOT, BACK TRIPLE RUN**

**踏 抬, 1/2, 推 回復 後 點 轉 後 跑三步**

**1**

**R step forward  右足前踏**

**&**

**L hitch L foot to inside of R calf  左膝抬靠近右小腿**

**2**

**½ turn R, angle to 5 o’clock  右轉180度身體彎向5點鐘**

**3**

**L push step forward  左足推前踏**

**4**

**recover weight back to R  右足回復**

**&**

**L step back  左足後踏**

**5**

**R touch back  右足後點**

**6**

**½ pivot turn R, leave weight L (face 10)**

**右轉180度重心在左足(面向10點鐘)**

**7**

**R step back  右足後踏**

**&**

**L step back  左足後踏**

**8**

**R step back  右足後踏**

**\*  on walls 2 & 5, prepare to turn to 9 o’clock, wall for restart, as if you were going to the 3rd set of 8,which turns to 9:00**

**第二面牆及第五面牆跳至此, 面轉正到9點鐘從頭起跳**

**Note: standard full walls begin again ¼ wall R from start. Restart walls are ¼ L from start**

**第三段**

**SIDE STEP-BEVEL, QUICK-PIVOTWEAVE,LOCKING TRIPLE FORWARD,HIP-FIGURE 8-R MAMBO  側 併, 快速藤步, 前鎖步, 8字轉臀曼波**

**1**

**L step to L side, square to 9 o’clock Then rotate on L toward 7 o’clock**

**(轉正面向9點鐘)左足左踏轉向7點鐘**

**2**

**R touch next to L, draw in, knees bent**

**右足併點, 膝彎**

**3**

**push off on L as R step slightly back**

**右足略後踏左足抬**

**&**

**L cross behind R, rotating toward 10 o’clock**

**左足於右足後交叉踏轉向10點鐘**

**4**

**R step to 1/8 R to face 10 o’clock  右轉45度右足踏(面向10點鐘)**

**5**

**L step forward  左足前踏**

**&**

**R step slightly behind L  右足於左足後踏**

**6**

**L step forward  左足前踏**

**7**

**R push rock forward, rotate R hip clockwise R**

**右足前下沉右轉臀**

**&**

**L recover weight back, rotate to L hip**

**左足回復左轉臀**

**8**

**R step back, finish hip movement, weight R**

**右足後踏推臀重心在右足**

**第四段**

**BACK-STEP HIP ROLLS x2, FULL SPIRAL TURN R, ½ TRIPLE RUN-AROUND**

**後-踏 轉臀二次, 右螺旋轉圈, 三步轉**

**1**

**L touch back, no weight (facing 10 o’clock)**

**左足後點重心在右足(面向10點鐘)**

**&**

**roll hips, under and then back  轉臀**

**2**

**fully weight back on L  左足踏**

**&**

**R step next to L  右足併踏**

**3**

**L touch back, no weight (facing 10 o’clock)**

**左足後點重心在右足(面向10點鐘)**

**&**

**roll hips, under and then back  轉臀**

**4**

**fully weight back on L  左足踏**

**&**

**R step next to L  右足併踏**

**5**

**step L forward, square to 9 o’clock**

**左足前踏(轉正回9點鐘)**

**Create torque (R arm fwd, L back)**

**雙手做槓桿狀(右手向前, 左手向後)**

**6**

**full spiral turn R, end with R across, weight L**

**右足於左足前交叉螺旋右轉圈, 結束重心在左足**

**7**

**release weight, step R ¼ish turn R**

**右轉90度右足踏**

**&**

**L step ¼ish turn across R**

**右轉90度左足於右足前交叉踏**

**8**

**R step forward to 3 o’clock, new wall**

**右足前踏面向3點鐘從頭起跳**

**(BEGIN AGAIN, and most certainly DWYF!)**