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| You Can Dance (別忘了我) (zh) |  |

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| **拍数:** | 0 | **墙数:** | 1 | **级数:** | Beginner | . |
| **编舞者:** | Doug Miranda (USA) & Jackie Miranda (USA) |
| **音乐:** | Save the Last Dance For Me - Michael Bublé |
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**前奏： 32 count intro (start on the word ''dance'')**

**Sequence: AAB, AB, AAB**

**PART A**

**第一段**

**Rhumba Box: Side Left, Step Together, Step Forward, Hold; Side Right, Step Together, Step Back, Hold**

**倫巴方塊:左側, 踏併, 前踏, 候, 右側, 踏併, 後踏, 候**

**1-4**

**Step L to L side, slide R next to L, step L forward, hold (weight on L)  左足側踏，右足滑併，左足前踏，候（重心在左足）**

**5-8**

**Step R to R side, slide L next to R, step back on R, hold (weight on R)  右足側踏，左足滑併，右足後踏，候（重心在右足）**

**第二段**

**Back Coaster Step, Hold; Rock Forward, Recover, 1/2 Right, Hold**

**後海岸步, 候, 前下沉, 回復, 右1/2, 候**

**1-4**

**Step back on L, bring R next to L, step forward on L, hold (weight on L)  左足後踏，右足併踏，左足前踏，候（重心在左足）**

**5-8**

**Rock forward on R, recover back on L, make 1/2 turn R, hold (weight on R)  右足前下沉，左足回復，右轉180度，候（重心在右足）**

**第三段**

**Rock Forward, Recover, 1/2 Turn L, Hold; Cross, 1/4 Right, 1/4 Turn Right, Hold  前下沉, 回復, 左轉1/2, 候, 交叉, 右1/4, 右1/4, 候**

**1-4**

**Rock forward on L, recover back on R, make 1/2 turn L and turn body to L diagonal, hold (weight on L)**

**右足前下沉，右足回復，左轉180度面向左斜角線，候（重心在左足）**

**5-8**

**Cross R over L, make 1/4 turn R by stepping back on L, make 1/4 turn R as you step R to R side, hold (you will have completed a 1/2 turn R)  右足於左足前交叉踏，右轉90度左足後踏，右轉90度右足右踏，候**

**第四段**

**Cross, Side Step, Step Together, Hold; Cross, 1/4 Turn Right, 1/4 Turn Right, Hold 交叉, 側踏, 側併, 候, 交叉, 右1/4, 右1/4, 候**

**1-4**

**Cross L over R, step R to R side and slightly raise up on balls of both feet, step L next to R and lower body as you angle body slightly to L diagonal, hold**

**左足於右足前交叉踏，右足右踏（略抬起雙足掌），左足併踏（身體略向左斜角線）, 候**

**5-8**

**Cross R over L, make a 1/4 turn R by stepping back on L, make 1/4 turn R as you step R to R side (you will have completed a 1/2 turn R), hold**

**右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足右踏, 候**

**第五段**

**Cross, Side Step, Step Together, Hold; Cross, Side Step, Step Together. Hold 交叉, 側踏, 側併, 候, 交叉, 側踏, 側併, 候**

**1-4**

**Cross L over R, step R to R side and slightly raise up on balls of both feet, step L next to R and lower body as you angle body slightly to L diagonal, hold**

**左足於右足前交叉踏, 右足右踏, 左足併踏, 候**

**5-8**

**Cross R over L, step L to L side and slightly raise up on balls of both feet, step R next to L and lower body, as you angle body slightly to R diagonal, hold**

**右足於左足前交叉踏, 左足左踏, 右足併踏, 候**

**第六段**

**Cross, Side, Behind, Sweep; Behind, Side, Cross, Hitch 1/4 Turn R  交叉, 側, 後, 繞, 後, 側, 交叉, 右1/4抬**

**1-4**

**Cross L over R, step R to R side, step L behind R, as you touch R to floor sweep R behind L (count 4)**

**右足於右足前交叉踏, 右足右踏, 左足於右足後踏, 右足由前繞至後**

**5-8**

**Continue to bring R behind L and step down on R, step L to L side, cross R over L, hitch L knee into a turn 1/4 R (make it a low hitch, keeping L close next to R)**

**右足於左足後踏, 左足左踏, 右足於左足前交叉踏, 左膝蓋抬起右轉90度**

**第七段**

**Rock Forward, Back, Forward, Hitch 1/2 Turn Left; Rock Forward, Back, Forward, Hitch 1/4 Turn Right**

**前下沉, 後, 前, 左1/2抬, 前下沉, 後, 前, 右1/4抬**

**1-4**

**Rock forward on L, rock back on R, rock forward on L, hitch R knee as you make a 1/2 turn L**

**左足前下沉, 右足後下沉, 左足前下沉, 右膝蓋抬起左轉180度**

**5-8**

**Rock forward on R, rock back on L, rock forward on R, hitch L knee as you make a 1/4 turn R**

**右足前下沉, 左足後下沉, 右足前下沉, 左膝蓋抬起右轉90度**

**第八段**

**Mambo Forward, Hold; Mambo Back, Hold  前曼波, 候, 後曼波, 候**

**1-4**

**Rock forward on L, recover back on R, step L next to R, hold**

**左足前下沉, 右足後回復, 左足併踏, 候**

**5-8**

**Rock back on R, recover forward on L, step R next to L, hold**

**右足後下沉, 左足前回復, 右足併踏, 候**

**第九段**

**1/2 Turn Right, 1/2 Turn Right, Stomp to Left Side, Hold; Bump Hips Right, Left, Right  右1/2, 右1/2, 左側重踏, 候, 擺臀-右, 左, 右**

**1-4**

**Step forward on L, make a 1/2 turn R, step forward on L, make a 1/2 turn R   左足前踏, 右轉180度, 左足前踏, 右轉180度**

**5-6**

**Stomp L to L side, hold  左足左重踏, 候**

**7&8**

**Bumps hips R, L , R (weight ending on R)  擺臀 右, 左, 右**

**PART B**

**第一段**

**Side Rock Left, Recover, Triple in Place; Side Rock Right, Recover, Triple in Place**

**左下沉, 回復, 原地小三步, 右下沉, 回復, 原地小三步**

**1-2**

**Side rock L to L side, recover on R   左足左下沉, 右足回復**

**3&4**

**Triple in place L, R, L               小三步 左, 右, 左**

**5-6**

**Side rock R to R side, recover on L   右足右下沉, 左足回復**

**7&8**

**Triple in place R, L, R               小三步 右, 左, 右**

**第二段**

**Rock Left Forward. Recover, Shuffle Back; Rock Right Back, Recover, Shuffle Forward  左前下沉, 回復, 後交換, 右後下沉, 回復, 前交換**

**1-2**

**Rock forward on L, recover back on R  左足前下沉, 右足後下沉**

**3&4**

**Shuffle back L, R, L   後交換步 左, 右, 左**

**5-6**

**Rock back on R, recover forward on L  右足後下沉, 左足前回復**

**7&8**

**Shuffle forward R, L, R 前交換步 右, 左, 右**

**第三段**

**Step Forward, 1/2 Turn Right, Shuffle Forward; Step Forward, 1/2 Turn Left, Shuffle Forward  前踏, 右1/2, 前交換, 前踏, 左1/2, 前交換**

**1-2**

**Step forward on L, make a 1/2 turn R   左足前踏, 右轉180度**

**3&4**

**Shuffle forward L, R, L  前交換步 左, 右, 左**

**5-6**

**Step forward on R, make a 1/2 turn L 右足前踏, 左轉180度**

**7&8**

**Shuffle forward R, L, R  前交換步 右, 左, 右**

**第四段**

**1/2 Turn Right, 1/2 Turn Right, Stomp to Left Side, Hold; Bump Hips Right, Left, RIGHT  右1/2, 右1/2, 左重踏, 候, 擺臀-右, 左, 右**

**1-4**

**Step forward on L, make a 1/2 turn R, step forward on L, make a 1/2 turn R   左足前踏, 右轉180度, 左足前踏, 右轉180度**

**5-6**

**Stomp L to L side, hold  左足左重踏, 候**

**7&8**

**Bumps hips R, L , R (weight ending on R) 擺臀 右, 左, 右**