|  |  |
| --- | --- |
| Zhen Xi (珍惜) (zh) |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **拍数:** | 32 | **墙数:** | 4 | **级数:** | High Beginner | . |
| **编舞者:** | Nina Chen (TW) - 2018年11月 | | | | |
| **音乐:** | Zhen Xi (珍惜) - Alec Su (蘇有朋) | | | | |
| . | | | | | | |

**Intro: 16 counts**

**Sec1: NIGHT CLUB BASIC, WALK - WALK, FWD MAMBO**

|  |  |
| --- | --- |
| 1-2&, 3-4& | Step RF to R - Rock LF behind RF - Recover on RF, Step LF to L - Rock RF behind LF - Recover on LF |

|  |  |
| --- | --- |
| 5-6, 7&8 | Step RF fwd - Step LF fwd, Rock RF fwd - Recover on LF - Step RF back |

|  |  |
| --- | --- |
| 1-2&, 3-4& | 右足右踏 - 左足後跨下沉 - 重心回右足, 左足左踏 - 右足後跨下沉 - |

|  |  |
| --- | --- |
|  | 重心回左足 |

|  |  |
| --- | --- |
| 5-6, 7&8 | 右足前踏 - 左足前踏, 右足前下沉 - 重心回左足 - 右足後踏 |

**Sec2: BACK WITH SWEEP - BACK WITH SWEEP, SAILORS 1/4 L, SIDE ROCK - RECOVER - CROSS SHUFFLE**

|  |  |
| --- | --- |
| 1-2, 3&4 | Step LF back with sweep - Step RF back with sweep, Cross LF behind RF - 1/4 turn L (9:00) step RF beside LF - Cross LF over RF |

|  |  |
| --- | --- |
| 5-6, 7&8 | Rock RF to R - Recover on LF, Cross shuffle ( R L R) |

|  |  |
| --- | --- |
| 1-2, 3&4 | 左足由前往後繞踏下 - 右足由前往後繞踏下, 左足後跨 - 左轉1/4 (9:00) 右足併踏左足旁 - 左足前跨 |

|  |  |
| --- | --- |
| 5-6, 7&8 | 右足右下沉 - 重心回左足, 前跨交換步 (右 左 右) |

**Sec3: 3/4 TURN R, FWD SHUFFLE, FWD ROCK - RECOVER, FWD SHUFFLE 1/2 R**

|  |  |
| --- | --- |
| 1-2, 3&4 | 1/4 turn R (12:00) step LF back - 1/2 turn R (6:00) step RF fwd, Fwd shuffle (L R L) |

|  |  |
| --- | --- |
| 5-6, 7&8 | Rock RF fwd - Recover on LF, Fwd shuffle ( R L R) 1/2 R |

|  |  |
| --- | --- |
| 1-2, 3&4 | 右轉 1/4 (12:00) 左足後踏 - 右轉 1/2 (6:00) 右足前踏, 前交換步(左 右 左) |

|  |  |
| --- | --- |
| 5-6, 7&8 | 右足前下沉 - 重心回左足, 前交換步 (右 左 右) 向右轉1/2 (12:00) |

**Sec4: FWD - PIVOT 1/4 R, CROSS SHUFFLE, ROCKING CHAIR**

|  |  |
| --- | --- |
| 1-2, 3&4 | Step LF fwd - Pivot 1/4 turn R (3:00) weight on LF, Cross shuffle ( R L R) |

|  |  |
| --- | --- |
| 5-8 | Rock RF fwd - Recover on LF - Rock RF back - Recover on LF, |

|  |  |
| --- | --- |
| 1-2, 3&4 | 左足前踏 - 向右踏轉 1/4 (3:00) 重心回左足, 前跨交換步 (左 右 左) |

|  |  |
| --- | --- |
| 5-8 | 右足前下沉 - 重心回左足 - 右足後下沉 - 重心回左足 |

**Tag: (4 counts) After wall2 & wall6 (6:00)**

**SWAY**

|  |  |
| --- | --- |
| 1-4 | Step RF to R while sway hips (R L R L) |

|  |  |
| --- | --- |
| 1-4 | 右足右踏同時搖臀 (右 左 右 左) |

**Have Fun & Happy Dancing !!!**

**Contact Nina Chen : nina.teach.dance@gmail.com**