My New Life (我的新生活) (zh)

拍数: 48 **墙数:** 4 **级数:** Beginner

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音乐: High Class Lady - The Lennerockers

前奏： Intro: 64 counts (29 secs) Start on Main Vocals (Total Song Duration 3m 42s)

第一段 Step, Lock, Step, Brush, Step, Lock, Step, Brush
踏, 鎖, 踏, 刷, 踏, 鎖, 踏, 刷

1-2 Step Forward On Right, Lock Left Behind Right
右足前踏, 左足於右足後鎖踏

3-4 Step Forward On Right, Brush Left Forward
右足前踏, 左足前刷

5-6 Step Forward On Left, Lock Right Behind Left
左足前踏, 右足於左足後鎖踏

7-8 Step Forward On Left, Brush Right Forward
左足前踏, 右足前刷

第二段 Rock Step, Toe Struts Back
下沉回復, 後趾踵步

1-2 Rock Forward On Right, Recover On Left
右足前下沉, 左足回復

3-4 Step Back On Right Toe, Lower Right Heel
右足趾後點, 左足踵踏

5-6 Step Back On Left Toe, Lower Left Heel
左足趾後點, 左足踵踏

7-8 Step Back On Right Toe, Lower Right Heel
右足趾後點, 左足踵踏

第三段 Slow Coaster Step Back, Hold, Step, Pivot ½, Left, Hold
後海岸步, 候, 踏, 轉1/2, 左, 候

1-2 Step Back On Left. Close Right Next To Left
左足後踏, 右足併踏

3-4 Step Forward On Left, Hold
左足前踏, 候

5-6 Step Forward On Right, Make ½ Turn Left (Weight On Left)
右足前踏, 左轉180度(重心在左足)

7-8 Step Forward On Right, Hold
右足前踏, 候

第四段 Step, Pivot ½ Turn Right, Hold, Prissy Walk, With Holds
踏, 右轉1/2, 候, 交叉走, 候

1-2 Step Forward On Left, Make ½ Turn Right (Weight On Right
左足前踏, 右轉180度(重心在右足)

3-4 Step Forward On Left, Hold
左足前踏, 候

5-6 Cross Right Over Left, Hold
右足於左足前交叉踏, 候

7-8 Cross Left Over Right, Hold
左足於右足前交叉踏, 候

第五段 Cross, Step, Cross, Hold, Diagonal Toe Strut
交叉, 踏, 交叉, 候, 斜角線趾踵

1-2 Cross Right Over Left, Step Left To The Left (Small Step)
右足於左足前交叉踏, 左足左小踏

3-4 Cross Right Over Left, Hold
右足於左足前交叉踏, 候

5-6 Step On Left Toe To Left Diagonal, Lower Left Heel
左足趾左斜角線點, 左足踵踏

7-8 Cross Right Toe Over Left, Lower Right Heel
右足趾於左足前交叉點, 右足踵踏

第六段 Diagonal Toe Struts, Side, ¼ Turn Right, Step, Brush
斜角線趾踵, 側, 右轉1/2, 踏, 刷

1-2 Step On Left Toe To Left Diagonal, Lower Left Heel
左足趾左斜角線點, 左足踵踏

3-4 Cross Right Toe Over Left, Lower Right Heel
右足趾於左足前交叉踏, 右足踵踏

5-6 Rock Step Left To Left Side, Make ¼ Turn Right And Step Forward On Right 左足左下沉, 右轉90度右足前踏

7-8 Step Forward On Left, Brush Right Forward
左足前踏, 右足前刷
