NC Forever! (zh)

拍数: 32 **墙数:** 2 **级数:** Improver Night club 2 step

编舞者: Simon Ward (AUS) & Niels Poulsen (DK) - 2010年12月

音乐: I Belong To You - Eros Ramazzotti & Anastacia

前奏： 4 counts from first beat (app. 3 seconds into track).

第一段 **Basic R, ¼ R, ¼ R, cross, basic R, ¼ R, ¼ R, cross**

1 Step R a big step to R side (1) 右足右一大步

2&3 Close L behind R (2), cross R over L (&), turn ¼ R stepping back on L (3) 左足於右足後交叉踏, 右足於左足前交叉踏, 右轉90度左足後踏

4&5 Turn ¼ R stepping R to R side (4), cross L over R (&), step R a big step to R side (5)
右轉90度右足右踏, 左足於右足前交叉踏, 右足右一大步

6&7 Close L behind R (6), cross R over L (&), turn ¼ R stepping back on L (7) 左足於右足後交叉踏, 右足於左足前交叉踏, 右轉90度左足後踏

8& Turn ¼ R stepping R to R side (8), Cross L over R (&)
右轉90度右足右踏, 左足於右足前交叉踏

第二段 **¼ R fw with sweep, jazz back, sweep with jazz, ¼ R, L cross rock, R cross rock**

1 Turn ¼ R stepping onto R and sweeping L foot fw (1)
右轉90度右足踏左足繞至前

2&3 Cross L over R (2), step back on R (&), step L diagonally back L with R sweep fw (3)
左足於右足前交叉踏, 右足後踏, 左足斜後踏右足繞至前

4&5 Cross R over L (4), step back on L (&), turn ¼ R stepping R to R side with L sweep fw (5)
右足於左足前交叉踏, 左足後踏, 右轉90度右足右踏左足繞至前

6&7 Cross rock L over R (6), recover back on R (&), step L to L side (7)
左足於右足前交叉下沉, 右足回復, 左足左踏

8& Cross rock R over L (8), recover back on L (&)
右足於左足前交叉下沉, 左足回復

第三段 **Basic R, ¼ R back, close cross, basic R, ¼ R back, R back rock**

1 Step R a big step to R side (1) 右足右一大步

2&3 Close L behind R (2), cross R over L (&), turn ¼ R stepping L backwards (3) 左足於右足後踏, 右足於左足前交叉踏, 右轉90度左足後踏

4&5 Rock back on R (4), recover on L crossing L over R (&), step R a big step to R side (5) 右足後下沉, 左足回復, 右足右一大步

6&7 Close L behind R (6), cross R over L (&), turn ¼ R stepping L backwards (7) 左足於右足後踏, 右足於左足前交叉踏, 右轉90度左足後踏

8& Rock back on R (8), recover weight fw to L (&)
右足後下沉, 左足回復

第四段 **Fw R, step turn step, L full turn, R basic, L side rock, cross**

1 Step fw on R (1) 右足前踏

2&3 Step fw on L (2), turn ½ R stepping fw onto R (&), step fw onto L (3)
左足前踏, 右轉180度右足前踏, 左足前踏

4&5 Turn ½ L stepping back on R (4), turn ½ L stepping fw onto L (&), Step R to R side (5) *OR non-turny option: walk fw R L on counts 4&*
左轉180度右足後踏, 左轉180度左足前踏, 右足右踏
簡易版:右足前踏, 左足前踏, 右足右踏

6&7 Close L behind R (6), cross R over L (&), Rock L to L side (7)
左足於右足後踏, 右足於左足前交叉踏, 左足左下沉

8& Recover weight to R (8), cross L over R (&)
右足回復, 左足於右足前交叉踏

4 restarts:
After count 28& on wall 1 and 3, both times facing 6:00.
第一, 三面牆(都面向6點鐘), 跳至第三段8&
After count 28& on wall 6 and 8, both times facing 12:00
第六, 八面牆(都面向12點鐘), 跳至第三段8&
