Fiona (菲歐娜) (zh)

拍数: 32 **墙数:** 4 **级数:** Intermediate

编舞者: Michael Barr (USA) - 2009年05月

音乐: Give It to Me Right - Melanie Fiona : (CD: The Bridge)

前奏： Lead: 16 cts 16拍後起跳

第一段 **Sailor 1/4 Turn Right, Touch, Step – Touch, Step, Touch, Step**
右轉1/4水手步, 點, 踏, 點, 踏, 點, 踏

1&2 Step Right behind left; Turn ¼ right stepping Left next to right; Step Right forward to right diagonal (facing 4:30)
右足於左足後踏, 右轉90度左足併踏, 右足右斜前踏(面向4:30)

3–4 Touch Left toe next to right instep on right diagonal; Step Left foot forward to 3 o'clock wall 左足併點, 左足前踏(面向3點鐘)

5–6 Touch Right toe next to left instep; Step Right foot forward to right diagonal 右足趾併點, 右足右斜前踏

7–8 Touch Left toe next to right instep on right diagonal; Step Left foot forward to 3 o'clock wall
左足趾併點, 左足前踏(面向3點鐘)

Note: The musical emphasis is on count 3 and count 7.
音樂重音會落在第3及第7拍

第二段 **Modified Jazz Box - Side, Hold, Behind, Side, Touch**
變奏爵士方塊-側, 候, 後, 側, 點

1–2 Cross step Right foot in front of left; Hold
右足於左足前交叉踏, 候

&3-4 Step back on ball of Left foot; Step Right foot slightly back and side right; Cross Left foot in front of right
左足略後踏, 右足略右後踏, 左足於右足前交叉踏

5–6 Step Right foot side right; Hold 右足右踏, 候

&7-8 Step Left foot behind right; Step Right foot side right; Touch Left toe next to right foot 左足於右足後踏, 右足右踏, 左足趾併點

Option: If it feels right kick the Left foot to the right diagonal on count 8 instead of the touch. 第8拍可以左足右斜角前踢取代併點

第三段 **Side Lunge, Hold, Return, Drag Touch – 1/4 Left Walk, Drag, Walk, Walk 側曲膝, 候, 回復, 拖併點, 左1/4走, 拖, 走, 走**

1–2 Step (lunge) Left foot side left (head looks ¼ left over your left shoulder); Hold 左足左曲膝踏(頭左轉90度), 候

3–4 Return weight onto Right dragging left to center (return head to 3 o'clock); Touch Left toe next to right foot
重心回右足左足拖併(頭轉正), 左足趾併點

5–6 Turn ¼ left stepping Left foot forward; Drag Right toe forward (weight stays on left) (facing 12 o'clock)
左轉90度左足前踏, 右足趾拖併(重心在左足)(面向12點鐘)

7–8 Walk forward on Right foot; Walk forward on Left foot
右足前走, 左足前走

第四段 **Out-Out-In-Cross, 1/4 Turn Left, Drag Heel – Side-Cross-Hitch**
外-外-內-交叉, 左1/4, 踵拖, 側-交叉-抬

&1	Step ball of Right foot side right and slightly forward; Step ball of Left foot side right 右足略右前踏, 左足併踏
&2	Step ball of Right foot slightly back and center; Step Left foot in front of right 右足略後踏, 左足於右足前交叉踏
3–4	Turn ¼ left stepping back on Right foot; Drag the Left heel towards center (weight stays right) (facing 9 o'clock) 左轉90度右足後踏, 左足踵拖併(重心在右足)(面向9點鐘)
&5	Step slightly back on ball of Left foot; Cross step Right foot in front of left 左足略後踏, 右足於左足前交叉踏
6	Hitch Left knee crossing slightly over right knee (you can swivel slightly right if it feels good) 左膝於右膝前交叉抬
7–8	Step Left foot side left; Hold/drag Right foot towards left for the last count! (keep weight on left foot) 左足左踏, 右足拖併(重心在左足)