Like A Dream (夢幻仙境) (zh)

拍数: 64 **墙数:** 4 **级数:** Intermediate

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音乐: It's Your World Now - Eagles : (CD: Long Road Out Of Eden)

前奏： Start 32 counts after the beat kicks in, on the word ‘day’, when he sings the lyric ‘a perfect DAY

第一段	**Vine R with ½ R turn and 3 hip sways L, R, L, R rock back & recover** **右轉1/2右華倫, 3次擺臀-左, 右, 左, 右後下沉 & 回復**
1-3 華倫90	Step R side, cross step L behind R, turning ¼ right step R forward 右足右踏, 左足於右足後交叉踏, 右轉90度右足前踏
4-6 90擺臀	Turning ¼ right sway hips left, sway hips right, sway hips left (weight ends on left) 右轉90度左擺臀, 右擺臀, 左擺臀(重心在左足)
7-8 後下沉回復	Rock R back, recover weight on L (facing 6 o’clock) 右足後下沉, 左足回復(面向6點鐘)

第二段	**Vine R with ½ R turn and 3 hip sways L, R, L, R rock back & recover** **右轉1/2右華倫, 3次擺臀-左, 右, 左, 右後下沉 & 回復** **(重覆第一段舞步)**
1-3 華倫90	Step R side, cross step L behind R, turning ¼ right step R forward 右足右踏, 左足於右足後交叉踏, 右轉90度右足前踏
4-6 90擺臀	Turning ¼ right sway hips left, sway hips right, sway hips left (weight ends on left) 右轉90度左擺臀, 右擺臀, 左擺臀(重心在左足)
7-8 後下沉回復	Rock R back, recover weight on L (facing 12 o’clock) 右足後下沉, 左足回復(面向12點鐘)

第三段	**Walk fwd R & L, R fwd rock & recover, R full turn back, R back rock & recover 前走步-右, 左, 右前下沉 回復, 右後轉圈, 右後下沉 回復**
1-4 走 走 下沉回復	Step R forward, step L forward, rock R forward, recover weight on L 右足前踏, 左足前踏, 右足前下沉, 左足回復
5-8 轉轉 後下沉回復	Turning ½ right step R forward, turning ½ R step L back, rock R back, recover weight on L 右轉180度右足前踏, 右轉180度左足後踏, 右足後下沉, 左足回復
Easier alternative for 5-8 5-8拍簡易版	walk back R, L, R rock back & recover (facing 12 o’clock) 後走步-右, 左, 右足後下沉 & 回復(面向12點鐘)

第四段	**R fwd, ½ L pivot turn, R fwd, ¼ L pivot turn, R jazz box cross** **右足前踏, 左轉1/2, 右足前踏, 左轉1/4, 右交叉爵士方塊**
1-4 踏轉踏90	Step R forward, pivot ½ L, step R forward, pivot ¼ L (use your hips on turns – it feels good!) 右足前踏, 左轉180度(擺臀旋轉), 右足前踏, 左轉90度(擺臀旋轉)
5-8 Jazz box 交叉	Cross step R over L, step L back, step R side, cross step L over R (facing 3 o’clock) 右足於左足前交叉踏,左足後踏,右足右踏,左足於右足前交叉踏(3點鐘)

第五段	**R side box, R cross step, L side rock & recover, L cross step** **右側方塊, 右交叉踏, 左側下沉 回復, 左交叉踏**

1-3 Step R side, step L together
右 併 後 右足右踏, 左足併踏, 右足後踏

4-5 step R back, step L side, Cross step R over L
左 前交叉 左足左踏, 右足於左足前交叉踏

6-8 rock L side, recover weight on R, cross step L over R (facing 3 o'clock)
曼波交叉 左足左下沉, 右足回復,左足於右足前交叉踏(3點鐘)

第六段 ½ L hinge turn, R cross rock & recover, R side, L cross rock & recover, 1/4 L & L fwd
左鏈轉1/2, 右交叉下沉 回復, 右側, 左交叉下沉 回復, 左轉1/4左前

1-2 Turning ¼ left step R back, turning ¼ left step L side
左90 90 左轉90度右足後踏, 左轉90度左足左踏

3-5 Cross rock R over L, recover weight on L, Step R side
交叉曼波 右足於左足前交叉下沉, 左足回復, 右足右踏

6-8 cross rock L over R, recover weight on R, turning ¼ left step L forward (facing 6 o'clock)
交叉曼 左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏(面向6點鐘)
波90

第七段 R fwd, ¼ L pivot turn, weave L 3, L sweep behind, L cross behind, R side 右前, 左轉1/4, 左三拍藤步, 左後繞, 左後交叉, 右側

1-2 Step R forward, pivot ¼ left 右足前踏, 左轉90度
踏 90

3-6 Cross step R over L, step L side, cross step L behind R?, sweep L from front to back
藤步繞 右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足由前繞至後

7-8 Cross step L behind R, step R side (facing 3 o'clock)
藤步繞 左足於右足後交叉踏, 右足右踏(面向3點鐘)

第八段 L cross step, R sweep over, R cross step, L side, R cross behind, ¼ L & L fwd, ½ L pivot turn
左交叉踏, 右繞, 右交叉踏, 左側, 右後交叉, 左轉1/4左前, 左轉1/2

1-2 Cross step L over R, sweep R from back to front
(與前併) 左足於右足前交叉踏, 右足由後繞至前

3-4 Cross step R over L, step L side
藤步左90 右足於左足前交叉踏, 左足左踏

5-6 Cross step R behind L, turning ¼ left step L forward
右足於左足後交叉踏, 左轉90度左足前踏

7-8 踏 轉 Step R forward, pivot ½ left (facing 6 o'clock)
右足前踏, 左轉180度(面向6點鐘)

NB: Turn ¼ left to start dance on next wall (facing 3 o'clock)
Nota bene 左轉90度從頭起跳(面向3點鐘)
注意

ENDING: Final rotation will start facing back wall. Dance 1st 32 counts changing 31-32: turning ¼ R towards front wall step R side, step L forward & hold (the end)
照原舞序跳音樂結束時最後一圈會面向後面牆, 跳第四段最後二拍改成
右轉90度右足右踏, 左足前踏 & 候