Amy (愛咪) (zh)

拍数: 64 **墙数:** 4 **级数:** Intermediate/Advanced

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音乐: If U Seek Amy - Britney Spears

第一段 **Walk x2, Kick & Touch Back, Pivot 1/4 Turn L, Cross, Side Step, Tap Ball Cross. 走 走, 踢 併 後 點, 左1/4, 交叉, 左, 點 後 交叉**

12,3&4 Walk forward on R, L. Kick R forward, Step R in next to L. Touch L back.
右足前走, 左足前走, 右足前踢, 右足併踏, 左足後點

5-7 Pivot 1/4 turn L. Cross step R over L. Step L to L side.
左軸轉90度, 右足於左足前交叉踏, 左足左踏

8& Tap R toe next to L instep. Small step R & slightly back on ball of R. 右足趾併點, 右足略後踏

1 Cross step L over R. 左足於右足前交叉踏

第二段 **Side Step R, Touch Back, Pivot 1/2 Turn L, Step, Pivot 1/4 Turn L, Cross step, Touch L. 右, 後 點, 1/2, 踏 1/4, 交叉 左點**

2-4 Step R to R side. Touch L toe back. Pivot 1/2 turn L. (Weight on L). 右足右踏, 左足趾後點, 左轉180度(重心在左足)

5-6 Step forward on R. Pivot 1/4 turn L.
右足前踏, 左軸轉90度

7-8 Cross step R over L. Touch L toe to L side.
右足於左足前交叉踏, 左足趾左點

第三段 **L Kick Ball Step, Heel Swivels, Side Rock R, Recover, Side Rock L, Recover. 踢 併 踏, 踵旋轉, 右下沉 回復 併, 左下沉 回復**

1&2 Kick L forward. Step down on ball of L. Step forward on R.
左足前踢, 左足踏, 右足前踏

3-4 Swivel heels R. Swivels heels L back to centre.
雙足踵向右轉, 雙足踵轉回

56& Side rock R on R. Recover on to L. Step R next to L.
右足右下沉, 左足回復, 右足併踏

7-8 Side rock L on L. Recover on R. 左足左下沉, 右足回復

第四段 **Walk back x2, 1/2 Turn R On Heels, Step, Shuffle Forward, Rock Forward.**
後走, 後走, 踵轉1/2, 踏, 前交換, 下沉 回復

1-2 Walk back on L, R. 左足後走, 右足後走

3-4 Lift toes of the floor & pivot 1/2 turn R on the heels. Step forward on L. 雙足趾離地以足踵右轉180度, 左足前踏

5&6 Step forward on R. Step L next to R. Step forward on R. (6 O'clock).
右足前踏, 左足併踏, 右足前踏(面向6點鐘)

7-8 Rock forward on L. Rock back on R. 左足前下沉, 右足回復

第五段 **Step Back, Cross Step, Step Back, Ball Turn 1/4 R, Jazz Box 1/4 Turn R. 後踏, 交叉, 後踏 右1/4 踏, 交叉 1/4, 右 踏**

1-3 Step back on L. Cross step R over L. Step back on L.
左足後踏, 右足於左足前交叉踏, 左足後踏

&4 Turn 1/4 R stepping on ball of R next to L. Step forward on L.
右轉90度右足併踏, 左足前踏

5-6 Cross step R over L. Turn 1/4 R stepping back on L.
右足於左足前交叉踏, 右轉90度左足後踏

7-8 Step R to R side. Step forward on L. (12 O'clock).
右足右踏, 左足前踏(面向12點鐘)

第六段 Shuffle Forward, Rock Forward L, Recover & Rock Forward R, Recover, Full Turn Back Over R.
前交換, 下沉, 回復 併 下沉, 回復, 轉 轉

1&2 Step forward on R. Step L next to R. Step forward on R.
右足前踏, 左足併踏, 右足前踏

34& Rock forward on L. Recover on to R. Step L in next to R.
左足前下沉, 右足回復, 左足併踏

5-6 Rock forward on R. Recover on to L. 右足前下沉, 左足回復

7-8 Turn 1/2 R stepping forward on R. Turn 1/2 R stepping back on L.
右轉180度右足前踏, 右轉180度左足後踏

第七段 Turn 1/4 R, Knee Pops, Cross, Side Touch R, Cross, Side Touch L, Step Back, Touch In front.
右1/4, 膝彈 踏, 交叉 點 交叉 點, 後踏 前點

1 Turn 1/4 R stepping R out to R side. (3 O'clock).
右轉90度右足右踏(面向3點鐘)

&2 Pop both knees forward lifting heels of the floor. Drop heels.
雙膝前彈足踵離地, 雙足踵踏

3-6 Cross step L over R. Touch R out to R side. Cross step R over L. Touch L to L side.
左足於右足前交叉踏, 右足右點, 右足於左足前交叉踏, 左足左點

7-8 Step back on L. Touch R toe forward with R knee relaxed.
左足後踏, 右足趾前點

第八段 Hip Bump, R Kick Ball Change, Rock Forward, Turn 1/2 R, Step, Pivot 1/2 Turn R & Touch. 推臀,
踢 併 踏, 下沉 回復 轉, 踏 轉 點

&1 Bump hips forward & up. Bump hips back. (Weight on L).
前推臀, 後推臀(重心在左足)

2&3 Kick R forward. Small step back on ball of R. Step L down in place.
右足前踢, 右足略後踏, 左足踏

4-6 Rock forward on R. Rock back on L. Turn 1/2 R stepping forward on R. 右足前下沉, 左足回復, 右轉180度右足前踏

7&8 Step forward on L. Pivot 1/2 turn R keeping weight on L & touch R toe next to L instep. 左足前踏, 右軸轉180度重心在左足, 右足趾併點