My One Desire (唯一的渴望) (zh)

拍数: 32 **墙数:** 4 **级数:** Intermediate

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音乐: You're the Reason - Dr. Victor & The Rasta Rebels : (CD: If You Wanna Be Happy)

前奏： Start after 16 count intro on vocals

第一段 R Cross Rock Side, L Cross Rock ¼ L, ¾ L Turn & R Side, L Cross Rock Side 右交叉下沉踏, 左交叉下沉左轉1/4, 左轉3/4右踏, 左交叉下沉踏

1&2 交叉曼波	Cross rock R over L, recover weight on L, step R side 右足於左足前交叉下沉, 左足回復, 右足右踏
3&4 交叉曼波 轉	Cross rock L over R, recover weight on R, turning ¼ left step L forward 左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏
5&6 踏轉90	Step R forward, pivot ½ left, turning ¼ left step R side (12 o'clock) 右足前踏, 左轉180度, 左轉90度右足右踏(面向12點鐘)
7&8 交叉曼波	Cross rock L over R, recover weight on R, step L side 左足於右足前交叉下沉, 右足回復, 左足左踏

第二段 Weave L 2, Syncopated Weave With Hitch Turning ¼ R, L Fwd Shuffle, R Chase Turn 左二步藤步, 變奏藤步抬右轉1/4, 左前交換, 右轉追步

1-2 交叉 踏	Cross step R over L, step L side 右足於左足前交叉踏, 左足左踏
3& 交叉踏	Cross step R behind L, step L side 右足於左足後交叉踏, 左足左踏
4& 交叉抬轉	Cross step R over L, hitch L up turning ¼ right 右足於左足前交叉踏, 左足抬右轉90度
5&6 前交換	Step L forward, step R together, step L forward (or lock step) 左足前踏, 右足併踏, 左足前踏
7&8 踏轉踏	Step R forward, pivot ½ left, step R forward (9 o'clock) 右足前踏, 左轉180度, 右足前踏(面向9點鐘)

第三段 L & R Fwd Hip Bumps, L Fwd Mambo, R Back Mambo
左前推臀, 右前推臀, 左前曼波, 右後曼波

1&2 前推臀	Stepping L forward bump hips L/R/L 左足前踏推臀-左, 右, 左
3&4 前推臀	Stepping R forward bump hips R/L/R 右足前踏推臀-右, 左, 右
5&6 前曼波	Rock L forward, recover weight on R, step L back 左足前下沉, 右足回復, 左足後踏
7&8 後曼波	Rock R back, recover weight on L, step R forward (9 o'clock) 右足後下沉, 左足回復, 右足前踏(面向9點鐘)

第四段 L Side Rock & Recover Into R Meringue With Flick, R Cross Step, L Back, ½ R Coaster Step, L Fwd On L Diagonal
左下沉回復 重覆併右踏最後帶抬, 右交叉, 左後, 右1/2海岸, 左斜前

1& 下沉 回復	Rock L side, recover weight on R 左足左下沉, 右足回復

2& 併 踏	Step L together, step R side	左足併踏, 右足右踏
3& 併 踏	Step L together, step R side	左足併踏, 右足右踏
4 併抬	Step L together & flick R back	左足併踏右足後抬
5-6 交叉踏	Cross step R over L, step L back	右足於左足前交叉踏, 左足後踏
7& 轉併	Sweeping R ½ right step R back, step L together 右足繞轉180度右足後踏, 左足併踏	
8& 併踏	Step R together, step L slightly forward on L diagonal (3 o'clock) 右足併踏, 左足略向斜角線前踏(面向3點鐘)	

TAGS: At the END of EVER 2nd wall (AFTER wall 2, 4, 6 & 8) ADD the following 16 count tag and then begin the dance again from the beginning. Also note the dance will finish with the tag.
在偶數面牆(第二,四,六,八面牆)加下面16拍後再從頭起跳, 舞曲會結束在這16拍

第一段	**Walk fwd R & L, R chase turn, walk fwd L & R, L chase turn** **前走-右&左, 右轉追步, 前走-左&右, 左轉追步**
1-2 走走	Step R forward, step L forward 右足前踏, 左足前踏
3&4 踏轉踏	Step R forward, pivot ½ left, step R forward 右足前踏, 左轉180度, 右足前踏
5-6 走走	Step L forward, step R forward 左足前踏, 右足前踏
7&8 踏轉踏	Step L forward, pivot ½ right, step L forward 左足前踏, 右轉180度, 左足前踏
第二段	**R full paddle turn, L full paddle turn** **右划槳轉圈, 左划槳轉圈**
1&2&3&4& 右轉圈	Over the next 4 counts execute a full turn R 以划槳步右轉圈
5&6&7&8& 左轉圈	Over the next 4 counts execute a full turn L 以划槳步左轉圈