I'm Yours (我心屬於你) (zh)

拍数: 64 **墙数:** 2 **级数:** Improver

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音乐: I'm Yours - Jason Mraz

前奏： Intro: 16 counts from first beat (app. 13 seconds into track). Start with weight on L foot

第一段 **R Mambo Fw, Step Back On L, R Coaster, Repeat With L Foot**
前曼波 後踏, 海岸步, 前曼波 後踏, 海岸步

1&2& Rock R foot fw (1), recover back on L (&), step back on R (2), step back on L (&) [12:00]
右足前下沉, 左足回復, 右足後踏, 左足後踏(面向12點鐘)

3&4 Step back on R (3), bring L next to R (&), step fw on R (4) [12:00]
右足後踏, 左足併踏, 右足前踏(面向12點鐘)

5&6& Rock L foot fw (5), recover back on R (&), step back on L (6), step back on R (&) [12:00]
左足前下沉, 右足回復, 左足後踏, 右足後踏(面向12點鐘)

7&8 Step back on L (7), bring R next to L (&), step fw on L (8) [12:00]
左足後踏, 右足併踏, 左足前踏(面向12點鐘)

第二段 **¼ Paddle L X2, R Kick Cross Side Rock, ¼ Paddle R X2, L Kick Cross Side Rock 左划槳二次, 右踢交叉側下沉, 右划槳二次, 左踢交叉側下沉**

1&2& Turn ¼ L on L foot pointing R to R side (1), hitch R knee slightly (&), repeat counts 1& [6:00]
左轉90度右足右點, 右膝略抬, 左轉90度右足右點, 右膝略抬(面向6點鐘)

3&4& Kick R fw and slightly across L (3), cross R over L (&), rock L to L side (4), recover on R foot (&) [6:00]
右足於左足前踢, 右足於左足前交叉踏, 左足左下沉, 右足回復(面向6點鐘)

5&6& Turn ¼ R on R foot pointing L to L side (5), hitch L knee slightly (&), repeat counts 5& [12:00]
右轉90度左足左點, 左膝略抬, 右轉90度左足左點, 左膝略抬(面向12點鐘)

7&8& Kick L fw and slightly across R (7), cross L over R (&), rock R to R side (8), recover on L foot (&) [12:00]
左足於右足前踢, 左足於右足前交叉踏, 右足右下沉, 左足回復(面向12點鐘)

第三段 **Extended Weave, Cross Rock, Side Rock, Cross Rock, ¼ R With Scuff**
延伸藤步, 交叉下沉, 側下沉, 交叉下沉, 右1/4擦踢

1&2& Cross R over L (1), step L to L side (&), cross R behind L (2), step L to L side (&) … (Small steps!) [12:00]
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足左踏(小步伐)(面向12點鐘)

3&4& Cross R over L (3), step L to L side (&), cross R behind L (4), step L to L side (&) … (Small steps!) [12:00]
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足左踏(小步伐)(面向12點鐘)

5&6& Cross rock R over L (5), recover L (&), rock R to R side (6), recover L (&) [12:00]
右足於左足前交叉下沉, 左足回復, 右足右下沉, 左足回復(12點鐘)

7&8& Cross rock R over L (7), recover L (&), turn ¼ R stepping fw on R (8), scuff L fw (&) [3:00]
右足於左足前交叉下沉, 左足回復, 右轉90度右足前踏, 左足前擦踢(面向3點鐘)

第四段 **L Step Lock Step Scuff, Repeat With R, Mambo ½ L, Full Triple Turn, Fw L 前鎖步擦踢, 前鎖步擦踢, 曼波轉1/2, 三步轉圈, 踏**

1&2& Step fw on L (1), lock R behind L (&), step fw L (2), scuff R fw (&) [3:00]左足前踏, 右足於左足後鎖踏, 左足前踏, 右足前擦踢(3點鐘)

3&4& Step fw on R (3), lock L behind R (&), step fw R (4), scuff L fw (&) [3:00]右足前踏, 左足於右足後鎖踏, 右足前踏, 左足前擦踢(3點鐘)

5&6 Rock fw on L (5), turn ¼ L stepping back on R (&), turn ¼ L stepping fw on L (6) [9:00]
左足前下沉, 左轉90度右足後踏, 左轉90度左足前踏(面向9點鐘)

7&8& Turn ½ L stepping back on R (7), turn ¼ L stepping L to L side (&), turn ¼ L stepping R fw (8), step L fw (&) [9:00]
左轉180度右足後踏, 左轉90度左足左踏, 左轉90度右足前踏, 左足前踏(面向9點鐘)

第五段 R Jazz Box ¼ R, Fw R, Touch, Fw L, Touch, Back R, Touch, Back L, Touch
右1/4爵士方塊, 踏 點 踏 點, 後踏 點 後踏 點

1–2 Cross R over L (1), turn ¼ R stepping back on L (2) [12:00]
右足於左足前交叉踏, 右轉90度左足後踏(面向12點鐘)

3–4 Step R to R side (3), step fw on L (4) [12:00]
右足右踏, 左足前踏(面向12點鐘)

*** RESTART here DURING 2nd wall (facing 6:00)**
第二面牆跳至此, 面向6點鐘, 從頭起跳

5&6& Step R diagonally fw (5), touch L next to R (&), step L diagonally fw (6), touch R next to L (&) [12:00]
右足斜角前踏, 左足併點, 左足斜角前踏, 右足併點(面向12點鐘)

7&8& Step R towards 4:30 (7), touch L next to R (&), step L towards 7:30 (8), touch R next to L (&) [12:00]
右足面向4:30後踏, 左足併點, 左足面向7:30後踏, 右足併點(面向12點鐘)

第六段 R Back Lock Step With Kick, Side Cross Side, Repeat Steps
後鎖步帶踢, 側交叉側, 重覆一次

1&2& Step back on R (1), lock L over R (&), step back on R (2), kick L diagonally fw (&) (towards 10:30) [12:00]
右足後踏, 左足於右足前鎖踏, 右足後踏, 左足斜角10:30前踢(面向12點鐘)

3&4 Step down on L (3), cross R over L (&), step L to L side (4) [12:00]
左足踏, 右足於左足前交叉踏, 左足左踏(面向12點鐘)

5&6& Step back on R (5), lock L over R (&), step back on R (6), kick L diagonally fw (&) (towards 10:30) [12:00]
右足後踏, 左足於右足前鎖踏, 右足後踏, 左足斜角10:30前踢(面向12點鐘)

7&8 Step down on L (7), cross R over L (&), stomp L to L side (8)
左足踏, 右足於左足前交叉踏, 左足重踏

*** RESTART on 4th wall (facing 12:00)** [12:00]
第四面牆跳至此, 面向12點鐘, 從頭起跳

第七段 Swivel R L R Heel, Step Fw On L, Step ½ Step, Full Turn Step
足踵旋轉-右, 左, 右, 前踏, 踏轉踏, 轉轉踏

1&2& Swivel R heel to L (1), return R heel to centre (&), swivel L heel to R (2), return heel to centre (&) [12:00]
右足踵轉向左, 右足踵回復, 左足踵轉向右, 左足踵回復(面向12點鐘)

3&4 Swivel R heel to L side (3), return R heel to centre (&), step fw on L (4) [12:00] 右足踵轉向左, 右足踵回復, 左足前踏(面向12點鐘)

5&6 Step fw on R (5), turn ½ L stepping onto L (&), step fw on R (6) [6:00] 右足前踏, 左轉180度左足踏, 右足前踏

7&8 Turn ½ R stepping back on L (7), turn ½ R stepping fw on R (&), step fw on L (8) [6:00]
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏(面向6點鐘)

第八段 R & L Kick, R Rocking Chair, R And L Side Mambo, Touch R Next To L 踢(右, 左), 搖椅步, 右曼波, 左曼波, 併點

1&2&	Kick R foot fw (1), step back on R (&), kick L foot fw (2), step back on L (&) [6:00]右足前踢, 右足後踏, 左足前踢, 左足後踏(6點鐘)
3&4&	Rock fw on R (3), recover weight to L (&), rock back on R (4), recover weight fw on L again (&) [6:00] 右足前下沉, 左足回復, 右足後下沉, 左足回復(面向6點鐘)
5&6	Rock R to R side (5), recover weight to L (&), bring R next to L (6) [6:00] 右足右下沉, 左足回復, 右足併踏(面向6點鐘)
&7&8	Rock L to L side (&), recover weight to R (7), bring L next to R (&), touch R next to L (8) [6:00] 左足左下沉, 右足回復, 左足併踏, 右足併點(面向6點鐘)