Shattered (心煩意亂) (zh)

拍数: 32 **墙数:** 4 **级数:** Intermediate

编舞者: Tom Clemons (USA) - 2008年12月

音乐: I'll Bust The Windows Out Your Car - Jazmine Sullivan

前奏： Start dancing on lyrics 唱歌起跳

第一段 **Walk Back 3 X (Right, Left, Right), Back Cross Turn ¼ Right (3:00), Step Back Left, Back Rock Recover, Turn ¼ Left (12:00) , Step Right To Side, Cross Left Over Right, Step Right To Side**
後走步三次-右, 左, 右, 後交叉右轉1/4, 左後, 後下沉回復, 左1/4, 右踏, 左交叉, 右踏

123 走走走	Walk back 3 times starting with right 後走三次-右, 左, 右
4&5 後 交叉 左90	Step left back, cross right over left, turn ¼ left (3:00), step left back 左足後踏, 右足於左足前交叉踏, 左轉90度左足後踏(面向3點鐘)
67 後下沉回 復	Rock back to right, recover on left 右足後下沉, 左足回復
8&1 左90 交叉 右	Turn ¼ left, step right to side, cross left over right, step right to side 左轉90度右足右踏, 左足於右足前交叉踏, 右足右踏

第二段 **Step Left Together, Step Right Forward, Chase Turn Right (6:00), Side, Behind, Turn ¼ Right (9:00) , Right Forward, Turn ½ Right (3:00) , Turn ¼ Right (6:00) , Lunge Point Right**

23 左併 右前	Step left together, step right forward 左足併踏, 右足前踏
4&5 踏轉踏	Step right forward, turn ½ right (6:00) step left forward 右足前踏, 右轉180度, 左足前踏(面向6點鐘)
67 右 交叉	Step right to side, cross left behind right 右足右踏, 左足於右足後交叉踏
8&1 90 180 90曲膝	Turn ¼ right (9:00) step forward right, turn ½ right (3:00) step back to left, turn ¼ right (6:00) , lunge on left leg, point right to right side 右轉90度右足前踏(面向9點鐘), 右轉180度左足後踏(面向3點鐘), 右轉90度左足曲膝踏右足右點

第三段 **Drag, Cross Right Over Left, Side, Behind, ¼ Turn (9:00) Forward, ½ Pivot Left (3:00), Turn ¼ Left (6:00) , Side Cross Side**

23 拖併 交叉	Pull right in on count 2, cross right over left (put weight on right on count 3) 右足拖併, 右足於左足前交叉踏(重心在右足)
4&5 踏 交叉 90	Step left to side, cross right behind left, turn ¼ left (3:00) step left forward 左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏(面向3點鐘)
67 踏 轉 90	Step right forward, pivot ½ turn (place weight on left count 7), turn ¼ left (6:00) 右足前踏, 左轉180度重心在左足, 左轉90度(面向6點鐘)接續第8拍
8&1 右 交叉 右	Step right to side, cross left over right, step right to side 右足右踏, 左足於右足前交叉踏, 右足右踏

第四段 **Step Together, Step Right Forward, Chase Turn Right, Turn ¼ Left (9:00),Step Back Right, Turn ¼ Left (6:00) Step Left To Side, Right Forward Turn ½ Right (12:00) Turn ½ Right And Step Back Right (6:00)**

23 左併 右前	Step left together, step right forward 左足併踏, 右足前踏
4&5 踏轉踏	Step left forward, turn ½ right (12:00) , shift weight to right, step left forward 左足前踏, 右轉180度重心在右足(面向12點鐘), 左足前踏
67 90 90	Turn ¼ left (9:00), step back to right, turn ¼ left (6:00) , step left to side 左轉90度右足後踏(面向9點鐘), 左轉90度左足左踏(面向6點鐘)
8&1 踏轉轉	Step right forward, turn ½ left (12:00) , shift weight to left (on & count), turn ½ left (6:00), stepping back to right 右足前踏, 左轉180度重心在左足(面向12點), 左轉180度右足後踏(面向6點鐘) 8&1 is like in a nightclub style. Count 1 is the first count of next wall 8&1類似Nightclub的舞步, 第1拍接續第一段進入另一面牆