Swing By My Way (隨我擺動) (zh)

拍数: 72 **墻数:** 2 **级数:** Intermediate

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音乐: Swing by My Way (feat. John Legend) - will.i.am : (CD: 12 inches of Pleasure)

前奏： Start dance on vocals 16 counts in

第一段 **Rock Step Back, Step Across, Side Rock &, Jazz Box ¼ Turn**
後下沉回復, 交叉踏, 側下沉回復, 爵士方塊轉3/4

1-3 Rock back on right foot (1), recover onto left foot (2), step right fwd and across left angling body to the left (3),
右足後下沉, 左足回復, 右足於左足前交叉踏身體轉向左

4&5 Rock left foot out to left side (4), recover onto right foot (&), step left foot over right (5)
左足左下沉, 右足回復, 左足於右足前交叉踏

6-7 Step back on right foot (6), step left slightly back and to the left side 3/8 turn left to face 7:00 wall (7)
右足後踏, 左足略後踏並轉135度面向7點鐘

第二段 **Weave, Side Rock Step, Check Step Right, Left, Step Forward**
藤步, 側下沉回復, 方格步-右, 左, 前踏

8&9 Step right fwd and across left (8), step left next to right (&), step right back and behind left angling body to 11:00 (1)
右足於左足前交叉踏, 左足併踏, 右足於左足後踏身體彎向11點鐘

10-11 Rock back on left (2), recover onto right foot still facing 11:00 (3) 左足後下沉, 右足回復(面向11點鐘)

12&13 Step left fwd and across right (4), step right to right side ¼ turn left facing 7:00 (&), step left next to right (5)
左足於右足前交叉踏, 左轉90度右足右踏(面向7點鐘), 左足併踏

14&15 Step right fwd and across left (6), step left to left side ¼ turn right facing 11:00 (&), step right next to left (7)
右足於左足前交叉踏, 右轉90度左足左踏(面向11點鐘), 右足併踏

16 Step forward on left squaring up to 9:00 wall (8)
左足前踏轉正面向9點鐘

第三段 **Rock Step Fwd, Triple Step ¾ Turn, Sweep Step Across, Step Side, Rock Back & Step Side**
前下沉回復, 小三步轉3/4, 繞交叉, 側踏, 後下沉 側踏

17-18 Rock fwd on right (1), recover onto left (2) 右足前下沉, 左足回復

19&20 Triple step ¾ turn right stepping right (3), left (&), right (4)
小三步右轉270度-右, 左, 右

&21-22 Sweep left CW (&) step left over right (5), step right to right side (6) 左足順時針繞, 左足於右足前交叉踏, 右足右踏

23&24 Rock back on left (7), recover onto right (&), step left foot to left side (8) 左足後下沉, 右足回復, 左足左踏

第四段 **Coaster Step, Rock Step Forward, & Step Fwd, Step Fwd, Pivot ½ Turn**
海岸步, 前下沉回復, 併前踏, 前踏, 轉1/2

25&26 Step back on right foot (1), step left next to right (&), step fwd on right (2) 右足後踏, 左足併踏, 右足前踏

27-28& Rock fwd on left foot (3), recover onto right (4), step left next to right (&) 左足前下沉, 右足回復, 左足併踏

29-32 Step fwd right (5), step fwd on left (6), step fwd on right (7), pivot ½ turn left (8) 右足前踏, 左足前踏, 右足前踏, 左軸轉180度

第五段 **Turning Touch/Point, Rock & Cross ¼ Turn Right, Bump/Strut ½ Turn (To Corners) 轉點, 下沉回復交叉轉1/4, 推臀趾轉1/2**

33-34 Turn ¼ left pointing right toes right (1), turn ¼ right stepping down on right ft (2) 左轉90度右足趾右點, 右轉90度右足踏

&35-36 Turn ¼ right rocking left toes left (&), recover right (3), step left ft fwd across right (4) facing 5:00
右轉90度左足趾左下沉, 右足回復, 左足於右足前交叉踏(面向5點鐘)

37-38 Touch right toes fwd (5), push hips taking weight right ft (6)
右足趾前點, 推臀重心在右足

39-40 Turn ½ right touching left toes fwd (7), push hips taking weight left (8) now facing 11:00 corner
右轉180度左足趾前點, 推臀重心在左足(面向11點鐘)

Restart: On the 3rd wall, dance to count 40 with the following change:
第三面牆跳至此, 調整舞步, 從頭起跳

39–40 Sweep left toe around to square up to 12:00 wall (7), step back on left (8) 左足趾繞轉正面向12點鐘, 左足後踏, 從頭起跳

第六段 Walk Walk, Mambo With Hip Push (Check Back) Step Pivot ½ Right Cross-Out-Out 走, 走, 曼波帶推臀, 踏轉, 交叉-外-外

41-42 Step fwd: right (1), step fwd left (2) 右足前踏, 左足前踏

43&44 Rock fwd on right (3), recover on left (&), step together on right pushing hips back (4) 右足前下沉, 左足回復, 右足併踏後推臀

45-46 Step fwd on left (5), pivot ½ Right (6) facing 5:00
左足前踏, 右軸轉180度(面向5點鐘)

47&48 Sweep left ft fwd stepping across right (7), step right ft slightly back and out right (&), step left slightly back and out left (8) squaring up to 3:00
左足於右足前交叉繞, 右足略右後踏, 左足略左後踏(轉正回3點鐘)

第七段 Walk, Walk, Sailor ½ Right, Prep Step Fwd, ¼ Turn Left, Touch (Quick Pose), Full Turn Triple
走, 走, 右1/2水手, 前踏, 左1/4, 點, 三步轉圈

49-50 Step fwd on right (1), step fwd on Left (2) 右足前踏, 左足前踏

51&52 Sailor step ½ right (3&4) 右180度轉水手

53&54 Prep Step fwd left (5), step right side ¼ turn left (&), touch left toes next to right (6) 左足前踏, 左轉90度右足右踏, 左足趾併點

55&56 Step left fwd ¼ left (7), step back on right ½ turn left (&), step left to side ¼ turn left (8)
左轉90度左足前踏, 左轉180度右足後踏, 左轉90度左足左踏

第八段 Step Across, Sweeping Crosses, ½ Turn Anchor Step, Step Back
踏交叉, 繞交叉, 1/2反轉踏, 後踏

57-59 Step right across left (1), sweep left fwd CW (2), step left fwd across right (3) 右足於左足前交叉踏, 左足順時針繞, 左足於右足前交叉踏

60-61 Sweep right fwd CCW (4), step right fwd across left (5)
右足逆時針繞, 右足於左足前交叉踏

62&63 Step fwd on left (6), step back on right ½ turn left (&), step back on left (7) 左足前踏, 左轉180度右足後踏, 左足後踏

64 Step back on right (8) (this is almost a rock back - prepare to step fwd on next count) 左足後踏(以後下沉處理以接續下一步前交叉踏的動作)

第九段 Step Across, Sweeping Crosses, ½ Turn Anchor Step, Step Back
踏交叉, 繞交叉, 1/2反轉後踏, 後踏

65-67 Step left across right (1), sweep right fwd CCW (2), step right fwd across left (3)
左足於右足前交叉踏, 右足逆時針繞, 右足於左足前交叉踏

68-69 Sweep left fwd CW (4), step left fwd across right (5)
左足順時針繞, 左足於右足前交叉踏

70&71 Step fwd on right (6), step back on left ½ turn right (7), step back on right (8) 右足前踏, 右轉180度左足後踏, 右足後踏

72 Step back on left (8) (this is almost a rock back - prepare to step fwd on next count, tag only)
左足後踏(第三面牆加拍以後下沉處理以接續前交叉踏的動作)

Tag:
At the end of the 2nd wall repeat the last 16 counts, then start again on count 1 rocking back on right 第二面牆結束時, 重覆跳最後兩段後, 從頭起跳