Overcome The Silence (zh)

拍数: 48 **墙数:** 4 **级数:** Intermediate

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音乐: The Silence (New Single Mix) - Alexandra Burke : (CD: Overcome, Deluxe Edition)

前奏： Start on Vocals 'Up' 唱到'Up'時起跳

第一段 **Side R, Back Rock L, Side Behind Turn 1/4 L Forward R, Step L Turn 1/2 Step, Full Turn L.**

1-2& Side Right, Back Rock Left, Recover on R.
右足右踏, 左足後下沉, 右足回復

3-4& Side Left, Behind Right, Turn 1/4 Left.
左足左踏, 右足於左足後交叉踏, 左轉90度

5 Step Right forward. 右足前踏

6&7 Step Left 1/2 Turn Step Left forward.
左足踏, 右轉180度, 左足前踏

8& Full Turn Left (Turn 1/2 back R, Turn 1/2 fwd L)
左轉180度右足後踏, 左180度左足前踏

第二段 **Forward Rock R & Back Rock L, Turn 1/2 Shuffle Back, Turn 1/2 Shuffle Forward.**

1-2& Forward Rock Right, Recover on L, Together Right (&)
右足前下沉, 左足回復, 右足併踏

3-4 Back Rock Left, Recover on Right.
左足後下沉, 右足回復

5&6 Turn 1/2 Shuffling back on L,R,L.
右180度轉交換-左, 右, 左

7&8 Turn 1/2 Shuffling forward on R,L,R.
右180度轉交換-右, 左, 右

第三段 **Cross Rock L, Sweep/Ronde, L Sailor Step, R Behind Side Cross & Cross Rock R.**

1&2 Cross Rock Left, Recover on R (&) Sweep/ Ronde Left around into
左足於右足前交叉下沉, 右足回復, 左足繞至後

3&4 Left Sailor Step. 左水手步

5&6 Right Behind, Left Side, Cross Right.
右足後踏, 左足左踏, 右足於左足前交叉踏

&7-8 Side L (&) Cross Rock Right, Recover on L.
左足左踏, 右足於左足前交叉下沉, 左足回復

第四段 **Diagonal, Step R Forward, Turn 1/2 Back on L, Back Lock Back, Step L Back, Touch R Out, In, Side R Together * Knee pop.**

1-2 (Diagonal facing Left) Step Right Forward. Turn 1/2 Back on Left.
(面向左斜角)右足前踏, 右轉180度左足後踏

3&4 Right Back Lock Back. 右後鎖步

5-6& Step Left Back, Touch Right out to side. Touch R next to Left.
左足後踏, 右足右點, 右足併點

7-8 Side Right, Left Together next to R at same time Kneepop R forward. 右足右踏, 左足併踏右膝前彈

RESTART: **DURING** Wall 2 **(Facing Back) After Side Together (Count 32) Hold then Restart. Straighten up on Back Wall.*** 第二面牆(面向後面牆)跳至此, 候, 面向後面牆從頭起跳

第五段 **Diagonal Walk R, Walk L Forward. Turn 1/4 L Touch R, Turn 1/2 L Touch L, Sways.**

1-2 (Face Diagonal Wall) Walk Forward R, L.
(面向斜角)右足前走, 左足前走

3-4 Turn 1/4 L, Touch R Side, Step on to R.
左轉90度右足右點, 右足踏

5-6 Turn 1/2 L, Touch L Side, Step on to L. / Keep in a diagonal straight line. 左轉180度左足左點, 左足踏(仍面向斜角)

7-8 Turn 1/4 (Straighten up) Sway R- Sway L.
左轉正右擺臀, 左擺臀

第六段 Side R Chasse, Sway Sway, Side L Chasse, Rocking Chair R.

1&2 Right Side Close Side. 右足右踏, 左足併踏, 右足右踏

3-4 Sway L, R. 左擺臀, 右擺臀

5&6 Left Side Close Side. 左足左踏, 右足併踏, 左足左踏

7&8& Forward Rock Right, Recover L (&) Back Rock Right, Recover on L. 右足前下沉, 左足回復, 右足後下沉, 左足回復

TAG: Facing Front Wall- ADD this Tag to the END of Wall 3.
第三面牆結束面向前面牆時, 加拍

1-2 Sway/ Side Rock Right 右足右下沉, 左足回復

3&4 R Behind, Side, Cross.
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Sway/ Side Rock Left. 左足左下沉, 右足回復

7&8 L Behind, Side, Cross. 左足後踏, 右足右踏, 左足於右足前交叉踏

ENDING: Dance ends on Back L, Point R to Side.
結束:左足後踏, 右足右點