Whenever You're Lonely (zh)

拍数: 48 **墙数:** 2 **级数:** Intermediate/Advanced

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音乐: Run to Me - Raul Malo : (CD: You're Only Lonely)

前奏： 8 Count Intro – Approx 11 Seconds. Start on Vocals

第一段 **Side. Rock-Recover. Side. Rock-Recover. 1/4 Turn. Step-Lock-1/4 Turn. Rock-Recover**

1-2& Step side Right, rock Left behind Right, recover
右足右踏, 左足於右足後下沉, 右足回復

3-4& Step side Left, rock Right behind Left, recover
左足左踏, 右足於左足後下沉, 左足回復

5 1/4 turn Left (9:00) step back on Right
左轉90度(面向9點鐘)右足後踏

6&7 Step back on Left, lock Right across Left, 1/4 Left (6:00) step fwd Left
左足後踏, 右足於左足前鎖踏, 左轉90度(面向6點鐘)左足前踏

8& Rock fwd Right, recover 右足前下沉, 左足回復

第二段 **Step. Sweep.Step. Sweep. Rock-Recover-1/4 Turn. Rock-Recover-1/4 Turn. Sailor-Half-Fwd**

1&2& Step back Right, sweep Left, step back Left, sweep Right
右足後踏, 左足繞, 左足後踏, 右足繞

3&4 Rock back Right, recover, 1/4 turn Left (3:00) step side Right
右足後下沉, 左足回復, 左轉90度(面向3點鐘)右足右踏

5&6 Rock back left, recover, 1/4 turn Right (6:00) step back Left
左足後下沉, 右足回復, 右轉90度(面向6點鐘)左足後踏

7&8& Sailor-step 1/2 turn Right, step fwd Left
右180度轉水手, 左足前踏

第三段 **Step. Pivot 1/4 Turn. Cross-Rock-1/4 Turn. Step-Pivot-1/2 Turn-Step. 1/4 Turn. 1/2 Turn. Step**

1-2 Step fwd Right, pivot 1/4 turn Left (9:00)
右足前踏, 左軸轉90度(面向9點鐘)

3&4 Cross-rock Right over Left, recover, 1/4 turn Right (12:00) step fwd Right 右足於左足前交叉下沉, 左足回復, 右轉90度(12點鐘)右足前踏

5&6 Step fwd left, pivot 1/2 turn Right, (6:00), step fwd left
左足前踏, 右軸轉180度(面向6點鐘), 左足前踏

7&8 1/4 turn Left (3:00) step back Right, 1/2 turn Left (9:00) step fwd left, step fwd Right
左轉90度(3點鐘)右足後踏, 左轉180度(9點鐘)左足前踏, 右足前踏

第四段 **Press. Kick. Lock-Step Back. Sway. Sway. Rock Behind-Recover-Side**

1-2 Press fwd on Left, recover-kick
左足前壓踏, 右足回復左足踢

3&4 Lock-step back (L-R-L) 後鎖步-左, 右, 左

5-6 Sway Right, sway Left 右擺臀, 左擺臀

7&8 Rock Right behind Left, recover, step side Right
右足於左足後下沉, 左足回復, 右足右踏

第五段 **Weave Right. Rock Behind-Recover-Side. Hold. Ball-Cross. Rock-Recover-1/4 Turn. Step**

1&2& Step Left behind Right, step side Right, step Left over Right, step side Right 左足於右足後踏, 右足右踏, 左足於右足前交叉踏, 右足右踏

3&4 Rock Left behind Right, recover, step side Left
左足於右足後下沉, 右足回復, 左足左踏

5&6 Hold, step ball of left beside Right, cross Right over left
候, 左足併踏, 右足於左足前交叉踏

7&8 Rock left to side, 1/4 turn Right (12:00) recover, step fwd Left
左足左下沉, 右轉90度(面向12點鐘)右足回復, 左足前踏

RESTART:DURING wall 4 **(facing 6:00) restart the dance from count 1.**
第四面牆(面向6點鐘), 從頭起跳

第六段	**Press. Recover. Back. 1/2 Turn. Step. Rock. Recover. Rock Side-Recover-Cross**
1-2	Press fwd Right, recover-kick 右足前壓踏, 左足回復右足踢
3&4	Step back Right, 1/2 turn Left (6:00) step fwd Left, step fwd Right 右足後踏, 左轉180度(面向6點鐘)左足前踏, 右足前踏
5-6	Rock fwd Left, recover 左足前下沉, 右足回復
7&8	Rock side left, recover, cross left over Right 左足左下沉, 右足回復, 左足於右足前交叉踏