Won't Let Go (zh)

拍数: 32 **墙数:** 2 **级数:** Intermediate

编舞者: Malene Jakobsen (DK) & Jannick Brendholt (DK) - 2011年01月

音乐: I Won't Let Go - Rascal Flatts : (CD: Nothing Like This)

前奏： Intro: 8 counts 7 sec. into track - dance begins with the word “Storm”. Dance begins with weight on L

第一段 R Basic, ¼, 3/8, Run Fwd, Half Diamond Box

1-2& (1) Step R to R, (2) close L behind R, (&) cross R over L 12.00
右足右踏, 左足於右足後下沉, 右足回復

3 (3) Turn ¼ R stepping back on L, and on ball of L continue the turn another 3/8 R 7:30 右轉90度左足後踏, 繼續右轉135度面向7:30(重心仍在左足)

4&5 (4&) Run fwd R, L, (5) step R to R turning 1/8 L 6.00
前跑步-右, 左, 右足右踏左轉45度(面向6點鐘)

6&7 (6) Cross L behind R making 1/8 turn L, (&) step back on R, (7) step L to L making 1/8 turn L 3.00
左足於右足後交叉踏左轉45度, 右足後踏, 左足左踏左轉45度(面向3點鐘)

8& (8) Cross R over L making 1/8 turn L, (&) step fwd on L 1.30
右足於左足前交叉踏左轉45度, 左足前踏(面向1:30)

RESTART: AFTER Wall 3, you’ll be facing 1.30 – start with R basic making 1/8 turn L now facing [12.00] 第三面牆跳至此, 面向1:30, 做左轉45度面向12點, 從頭起跳

第二段 Half Diamond Box, Ball, Fwd Rock, Back Rock, ½, Back Rock, Full Turn With 1/8 Sweep

1 (1) Turn 1/8 L stepping R to R 12.00
左轉45度右足右踏(面向12點鐘)

2&3 (2) Cross L behind R making 1/8 turn L, (&) step back on R, (3) turn ¼ L stepping fwd on L 7.30
左足於右足後交叉踏左轉45度, 右足後踏, 左轉90度左足前踏(面向7:30)

&4& (&) Step R next, (4) rock fwd on L, (&) recover onto R 7.30
右足併踏, 左足前下沉, 右足回復(面向7:30)

5-6 (5) Rock back on L (prep. upper body slightly L for turning), (6) recover onto R 7.30 左足後下沉(上半身略轉向左, 準備轉動), 右足回復(7:30)

&7 (&) Turn ½ R stepping back on L, (7) rock back on R (prep. upper body slightly R for turning) 1.30
右轉180度左足後踏, 右足後下沉(上半身略轉向右, 準備轉動)面向1:30

8& (8) Recover onto L, (&) turn ½ L stepping back on R 7.30
左足回復, 左轉180度右足後踏(面向7:30)

1 (1) Turn ½ L stepping fwd on L sweeping R from back to front making 1/8 turn L 12.00 左轉180度左足前踏右足由後繞至前左轉45度(面向12點鐘)

Option: Optional for section 2, counts &4&: (&) step fwd on R, (4) turn ½ L, (&) turn ½ L stepping back on R
&4&的進階版:右足前踏, 左轉180度, 左轉180度右足後踏

第三段 Cross, Side, Behind Sweep, Behind, Side, Cross Hitch, Cross Sweep, ½ Sweep, Behind, Side, Cross Rock

2&3 (2) Cross R over L, (&) step L to L, (3) cross R behind L sweeping L from front to back 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由前繞至後(面向12點鐘)

4&5 (4) Cross L behind R, (&) step R to R, (5) cross L over R hitching R 12.00 左足於右足後交叉踏, 右足右踏, 左足於右足交叉踏右足抬(12點鐘)

6 (6) Cross R over L sweeping L from back to front 12.00
右足於左足前交叉踏左足由後繞至前(面向12點鐘)

7 (7) Step fwd on L making ½ turn R sweeping R from front to back 6.00 左足前踏右轉180度右足由前繞至後(面向6點鐘)

8&1 (8) Step R behind L, (&) step L to L, (1) cross R over L 6.00
右足於左足後踏, 左足左踏, 右足於左足前交叉踏(面向6點鐘)

第四段 **Recover, Side, Cross, ¼, ½, ¼ Sway Rock, L Basic**

2&3 (2) Recover onto L, (&) step R to R, (3) cross L over R 6.00
左足回復, 右足右踏, 左足於右足前交叉踏(面向6點鐘)

4& (4) Turn ¼ L stepping back on R, (&) turn ½ L stepping fwd on L 9.00
左轉90度右足後踏, 左轉180度左足前踏(面向9點鐘)

RESTART: AFTER Wall 6, you'll be facing 9.00 – start with a R basic making ¼ turn R now facing 6.00 第六面牆起跳的NC面向9點鐘, 跳至此將面向6點鐘, 從頭起跳

5-6& (5) Turn ¼ L rocking R to R swaying upper body R, (6) recover onto L, (&) cross R over L 6.00
左轉90度右足右下沉上半身向右擺, 左足回復, 右足於左足前交叉踏(面向6點鐘)

7-8& (7) Step L to L, (8) close R behind L, (&) cross L over R 6.00
左足左踏, 右足於左足後下沉, 左足回復(面向6點鐘)