One More Sleep (等候耶誕節) (zh)

拍数: 48 **墙数:** 4 **级数:** Improver

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音乐: One More Sleep - Leona Lewis

Intro: 16 counts

S1. FWD ROCK RECOVER - FWD SHUFFLE 1/2 R - SWAY

1-2, 3&4	Rock RF fwd - Recover onto LF - Fwd shuffle (R L R) 1/2 turn R (6:00)
5-8	Sway (L R L R)
1-2, 3&4	右足前下沉 - 重心回右足 - 前交换步 (右 左 右) 右轉 1/2 (6:00)
5-8	搖擺臀部 (左 右 左 右)

S2. CROSS ROCK RECOVER - SAILORS 1/4 L - FWD PIVOT 1/4 L .X2

1-2, 3&4	Rock LF over RF - Recover onto RF - 1/4 turn L (3:00) Cross LF behind RF - Step RF to R - Step LF fwd
5-8	Step RF fwd - Pivot 1/4 L (12:00) - Step RF fwd - Pivot 1/4 L (9:00) (weight onto LF)
1-2, 3&4	左足前跨下沉 - 重心回右足 - 左轉1/4 (3:00) 左足後跨 - 右足旁踏 - 左足前踏
5-8	右足前踏 - 向左踏轉 1/4 (12:00) - 右足前踏 - 向左踏轉 1/4 (9:00) (重心回到左足)

S3. CROSS - 1/4 R BACK - R CHASSE - JAZZ BOX 1/4 L

1-2, 3&4	Cross RF over LF - 1/4 turn R (12:00) Step LF back - Chasse to R (R L R)
5-8	Cross LF over RF - 1/8 turn L (10:30) Step RF back - 1/8 turn L (9:00) Step LF to L - Step RF fwd
1-2, 3&4	右足前跨 - 右轉 1/4 (12:00) 左足後踏 - 右追步 (右 左 右)
5-8	左足前跨 - 左轉1/8 (10:30) 右足後踏 - 左轉1/8 (9:00) 左足左踏 - 右足前踏

S4. FWD ROCK RECOVER - BACK SHUFFLE - BACK ROCK RECOVER – FWD SHUFFLE

1-2, 3&4	Rock LF fwd - Recover onto RF - Back shuffle (L R L)
5-6, 7&8	Rock RF back - Recover onto LF - Fwd shuffle (R L R)
1-2, 3&4	左足前下沉 - 重心回右足 - 後交換步 (左 右 左)
5-6, 7&8	右足後下沉 - 重心回左足 - 前交換步 (右 左 右)

S5. SIDE ROCK RECOVER - CROSS SHUFFLE - SIDE ROCK RECOVER - VINE 1/4 L

1-2, 3&4	Rock LF to L - Recover onto RF - Cross shuffle (L R L)
5-6, 7&8	Rock RF to R - Recover onto LF - Step RF behind LF - Step LF to L - 1/4 Turn L (6:00) Step RF fwd
1-2, 3&4	左足左下沉 - 重心回右足 - 跨交換步 (左 右 左)
5-6, 7&8	右足右下沉 - 重心回左足 - 右足後跨 - 左足左踏 - 左轉1/4 (6:00) 右足前踏

S6. FWD ROCK RECOVER - COASTER STEP - FWD PIVOT 1/4 L - HEELS UP DROP

1-2, 3&4	Rock LF fwd - Recover onto RF - Step LF back - Step RF beside LF - Step LF fwd
5-6, 7&8	Step RF fwd - Pivot 1/4 L (3:00) (weight onto LF) - Step RF besid LF - Both heel up - Drop both heels
1-2, 3&4	左足左下沉 - 重心回右足 - 左足後踏 - 右足併踏左足旁 - 左足前踏
5-6, 7&8	右足前踏 - 向左踏轉 1/4 (3:00) (重心回到左足) - 右足併踏左足旁 - 雙足跟提起 - 放下雙足跟

TAG: Well 4 after 32counts (6:00)

1-4	Sway to L - Hold - Sway to R - Sway to L
1-4	向左搖擺臀部 - 候 - 向右搖擺臀部 - 向左搖擺臀部

Have Fun & Happy Dancing!

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