Return to Sender (zh)

拍数: 32 **墙数:** 4 **级数:** Beginner
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音乐: Return to Sender - Elvis Presley : (Album: Girls, Girls, Girls - 1962)

Intro: Start after 16 count, with "I gave a letter …", no tag, no restart
简介：数到 16 后，以"我给了一封信……"开头

Section 1: Triple step, right back rock, triple step, left back rock
第 1 节：三步，右后摇，三步，左后摇

1&2	右脚右步，左脚紧贴右脚，右脚右步
3-4	左脚后退，重心放在左脚上，右脚保持原位，重心放在右脚上
5&6	左脚向左走，右脚靠近左脚，左脚向左走
7-8	右脚后退，重心放在右脚上，左脚保持原位，重心放在左脚上

1&2	step right with right foot, close left foot next to right foot, step right with right foot
3-4	step back with left foot with weight on left foot, right foot remains on place, put weight back on right foot
5&6	step left with left foot, close right foot next to left foot, step left with left foot
7-8	step back with right foot with weight on right foot, left foot remains on place, put weight back on left foot

Section 2: Right Step lock step, step ½ turn (6 o'clock), Left step lock step, step ¼ (3 o'clock)
第 2 节：右步锁定步，步 ½ 转（6 点钟方向），左步锁定步，步 ¼（3 点钟方向）

1&2	右脚向前走，左脚在右脚后交叉，右脚向前走
3-4	左脚向前迈步，½ 转面向 6 点钟方向
5&6	左脚向前迈步，右脚在左脚后交叉，左脚向前迈步
7-8	右脚向前走 ¼ 转面向 3 点钟方向

1&2	step forward with right foot, cross left foot tight behind right foot, step forward with right foot
3-4	step forward with left foot, ½ turn facing 6 o'clock
5&6	step forward with left foot, cross right foot tight behind left foot, step forward with left foot
7-8	step forward with right foot, ¼ turn facing 3 o'clock

Section 3: Kick ball step, step lock step back right/left, back rock
第 3 节：踢球步、步锁步右/左后退、后摇

1&2	右脚向前踢，将右脚重心放在脚掌上，将重心转移到左脚上
3&4	右脚后退，左脚越过右脚，右脚后退
5&6	左脚后退，右脚跨过左脚，左脚后退
7-8	右脚后退，重心放在右脚上，左脚保持原位，重心放在左脚上

1&2	kick forward with right foot, place right foot with weight on ball of foot, shift weight to left foot with step
3&4	step back with right foot, cross left foot over right foot, step back with right foot
5&6	step back with left foot, cross right foot over left foot, step back with left foot
7-8	step back with right foot with weight on right foot, left foot remains on place, put weight back on left foot

Section 4: Toe kick swivel, cross hold right/left
第 4 节：脚踢旋转，右/左交叉保持

1-2	右脚尖靠近左脚，同时双膝向左转，右脚向前踢，双膝后转
3-4	将右脚跨过左脚并保持另一个数
5-6	将左脚尖放在右脚旁边，同时将双膝向右转动，踢

7-8	将左脚越过右脚并保持另一次计数

1-2	tip right toe next to left foot while turning both knees to he left at the same time, kick forward with right foot while turning both knees back
3-4	cross right foot over left foot and hold for another count
5-6	tip left toe next to right foot while turning both knees to the right at the same time, kick forward with left foot while turning both knees back
7-8	cross left foot over right foot and hold for another count

重复直到结束
Repeat until the end