拍数： 64
壇数： 0
级数：Intermediate／Advanced
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音乐：Appetite for Love－Natalia ：（CD：Everything and More）


## Commence after 32 counts on vocals（ 16 seconds）

Kick ball step，kick ball step，rock forward，recover， $1 / 2$ shuffle turn right
$1 \& 2 \quad$ Kick right foot forward，step onto ball of right，step forward on left
3 \＆ $4 \quad$ Kick right foot forward，step onto ball of right，step forward on left
5－6 Rock forward on right，recover on left
7 \＆ 8 shuffle half turn right stepping right，left，right
Advanced steps： 7 \＆8－1 $1 / 2$ turning shuffle
Kick ball step，kick ball step，rock forward，recover， $1 / 2$ shuffle turn left
$1 \& 2 \quad$ Kick left foot forward，step onto ball of left，step forward on right
3\＆ $4 \quad$ Kick left foot forward，step onto ball of left，step forward on right
5－6 Rock forward on left，recover on right
$7 \& 8 \quad$ Shuffle half turn left stepping left，right left（or $1 \frac{1}{2}$ for advanced）
Diagonal rocks forward and back（make an X shape）
1－2 Step diagonally forward on right（ 1 o＇clock），recover on left
\＆Close right to left
3－4 Step diagonally back on left（7 o＇clock），recover forward onto right
5－6 Step diagonally forward on left，（ 11 o＇clock），recover on right
\＆Close left to right
7－8 Step diagonally back on right，（5 o＇clock），recover onto left
Stomp forward，raise and lower right heel 3 times，stomp forward，raise and lower left heel 3 times
1－4 Stomp right foot diagonally forward，raise and lower right heel three times（transfer weight to right on 4）
5－8 Stomp left foot diagonally forward，raise and lower left heel three times（transfer weight to left on 8）
Optional arms：1－4－push right hand forward at waist level，then take it out to side（as if you are pushing something out of your way）over the 4 beats．5－8－repeat with left hand

Four shuffles：forward， $1 / 2$ turn left and shuffle forward， $1 / 4$ turn right and shuffle forward， $1 / 2$ turn left and shuffle forward
$1 \& 2 \quad$ Shuffle forward－right，left，right（12 o＇clock）
$3 \& 4 \quad$ Turn $1 / 2$ left and shuffle forward－left，right，left（ 6 o＇clock）
5 \＆ $6 \quad$ Turn $1 / 4$ right and shuffle forward－right，left，right（ 9 o＇clock）
$7 \& 8 \quad$ Turn $1 / 2$ left and shuffle forward－left，right，left（3 o＇clock）
Optional arms：roll arms round each other，shoulder height（1\＆2），waist level（3\＆4）shoulder height（5\＆6）
Waist level（7\＆8）
Diagonal rock，recover， $1 / 2$ shuffle，diagonal rock，recover， $5 / 8$ ths shuffle
1－2 Cross right over left rocking forward to left diagonal，recover on left
3 \＆ $4 \quad 1 / 2$ turning shuffle right－right，left，right，to face opposite diagonal
5－6 Rock forward to left diagonal，recover on right
7 \＆ $8 \quad$ Shuffle left，right，left to turn $5 / 8$ ths left（in order to square up to the wall 12 o＇clock））
Point，hold，close，point，hold，close，point，twist $1 / 4$ left，bounce heels turning $1 / 2$ right，kick forward
1－2，\＆
Point right toe to right，hold，Close right to left

3-4, \& Point left toe to left, hold,, Close left to right
$5 \quad$ Point right toe to right at the same time twist $1 / 4$ to left keeping weight on left (bend knees for stability)
6-7 Turning $1 / 2$ to right bouncing on left heel twice ( keep right toe in contact with floor for balance)
8 Kick right foot forward

Two walks back, coaster step, full turn forward, stomp up
1-2 Walk back right, left
3 \& $4 \quad$ Step back on right, close left to right, step forward on right
5-8 Step forward on left, pivot $1 / 2$ left stepping back on right, pivot $1 / 2$ left stepping forward on left, stomp right next to left without weight
Easier option: 5-8 - walk forward left, right, left, stomp up

