Don't Miss A Thing (珍惜所有) (zh)

拍數: 32 **牆數:** 2 **級數:** Intermediate/Advance

編舞者: Rachael McEnaney (USA) - 2010年09月

音樂: Don't Want To Miss A Thing - Aaron Kelly : (American Idol CD: Season 9)

前奏： Count In: Dance begins on vocals first step is on “Stay” – approx 30seconds from start of track

第一段 **L Side Basic With ¼ Turn R, Step L ¾ Pivot R, L Side Rock Cross, R Side Rock Cross, Full Turn R**
左 後下沉 回復, 1/4 踏3/4, 左曼波交叉, 右曼波交叉, 三步轉圈

12& Step left to left side (1), close right slightly behind left (2), recover weight onto left: forward & slightly across right (like a back rock) (&) 12.00 左足左踏, 右足於左足略後下沉, 左足回復(面向12點鐘)

34& Make ¼ turn right stepping forward on right (3), step forward on left (4), pivot ¾ turn right weight ends on right (&) 12.00
右轉90度右足前踏, 左足前踏, 右轉270度重心在右足(面向12點鐘)

5&6 Rock left to left side (5), recover weight onto right (&), cross left over right (6), 12.00
左足左下沉, 右足回復, 左足於右足前交叉踏(面向12點鐘)

&7& Rock right to right side (&), recover weight onto left (7), cross right over left (&) 12.00
右足右下沉, 左足回復, 右足於左足前交叉踏(面向12點鐘)

8&1 Make ¼ turn right stepping back on left (8), make ½ turn right stepping forward on right (&), make ¼ turn right stepping left to left side (1) 12.00
右轉90度左足後踏, 右轉180右足前踏, 右轉90度左足左踏(面向12點鐘)

第二段 **L Side Basic And R Side Basic With ½ Turn L, L Side Basic, R Sweep, R Cross, L Back, R Side**
後下沉 回復, 轉後 旁 前, 左 後下沉 回復, 繞 交叉 後 右

2& Close right slightly behind left (2), recover weight onto left: forward & slightly across right (like a back rock) (&), 12.00
右足於左足後下沉, 左足回復(面向12點鐘)

34& Make ¼ turn left stepping back on right (3), make ¼ turn left stepping left to left side (4), cross right over left (&)
左轉90度右足後踏, 左轉90度左足左踏, 右足於左足前交叉踏

Note: on counts 3–4 try to make this look like a smooth ½ turn rather than 2 ¼’s – most of the turn is made on count 3. 6.00
3-4拍試著做一個180度的轉動取代兩個90度的轉動, 也就是在第3拍直接轉180度, 第4拍只是左足左踏(面向6點鐘)

56& Step left to left side (5), close right slightly behind left (6), recover weight onto left: forward & slightly across right (like a back rock) (&) 6.00 左足左踏, 右足於左足後下沉, 左足回復(面向6點鐘)

7&8& Sweep right foot around from back to front bend left knee slightly (7), cross right over left (&), step back on left (8), step right to right side (&) 6.00
右足繞至前左膝略彎, 右足於左足前交叉踏, 左足後踏, 右足右踏(6點鐘)

第三段 **Cross L With R Sweep, Cross R, ¼ Turn, ½ Turn, Full Pivot Turn, Step Back R, L Coaster With Rock, L Behind Side Cross. (Alternative For Big Turn)**
交叉帶右繞, 交叉 1/4 1/2, 踏 轉 轉 後, 海岸步帶下沉步, 後 旁 前(轉動部份可由簡易版的舞步取代)

1 Cross left over right bending left knee slightly as you do so sweep right foot round again from back to front (1) 6.00
左足於右足前交叉踏左膝略彎, 右足由後繞至前(面向6點鐘)

2&3 Cross right over left (2), make ¼ turn right stepping back on left (&), make ½ turn right stepping forward on right (3) 3.00
右足於左足前交叉踏, 右轉90度左足後踏, 右轉180度右足前踏(面向3點鐘)

&4&5 Step forward on left (&), pivot ½ turn right weight on right (4), make another ½ turn right as you step back on left (&) step back on right (5) 3.00
左足前踏, 右軸轉180度右足回復, 右轉180度左足後踏, 左足後踏(3點鐘)

Easy 2-5簡易版 option: Here is easy option instead of the turn on counts 2- 5: Cross right over left (2), step left to left side (&), cross right behind left (3), make ¼ turn left stepping forward on left (&), rock forward on right (4), recover weight onto left (&), step back on right (5) 3.00
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏, 右足前下沉, 左足回復, 右足後踏(面向3點鐘)

6&7& Step back on left (6), step right next to left (&), rock forward on left (7), recover weight onto right (&)
左足後踏, 右足併踏, 左足前下沉, 右足回復

8&1 Cross left behind right (8), step right to right side (&), cross rock left over right (1) 3.00
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉下沉

第四段 Weave To L, R Cross Rock, L Fall Away Turn
左藤步, 交叉下沉, 左1/4 1/4 後下沉 回復

2&3 Recover weight back onto right (2), step left to left side (&), cross right over left (3), 右足回復, 左足左踏, 右足於左足前交叉踏

&4& Step left to left side (&), cross right behind left (4), step left to left side (&) 3.00 左足左踏, 右足於左足後交叉踏, 左足左踏(3點鐘)

5 Cross rock right over left – body facing L diagonal (5)
右足於左足前交叉下沉, 身體面向左斜角
styling: think of this almost as a lunge – or as a long 'slow' step 1.30 試著面向1:30做一個慢速的曲膝踏的動作

6& Recover weight back onto left (6), make 1/8 turn left stepping back on right to face 12.00 (&), 12.00
左足回復, 左轉45度右足後踏(面向12點鐘)

7& Make ¼ turn left stepping forward on left (7), make ¼ turn left stepping right to right side (&) 6.00
左轉90度左足前踏, 左轉90度右足右踏(面向6點鐘)

8& Rock back on left (8), recover weight forward onto right foot (&) 6.00 左足後下沉, 右足回復(面向6點鐘)

TAG: 5th wall begins facing 12.00 – at the end of 5th wall you will be facing the back. ADD the 2 counts below then continue the dance from count 5 in the first section (so you will miss out first 4 counts of dance). 6.00
加拍 : 第五面牆開始時面向12點鐘, 結束時會面向後面牆, 加下面2拍, 然後接續第一段的第5拍起跳, 也就是說前面4拍省略不跳

1&2& Body should be angled naturally towards left diagonal due to the last step of the dance. Rocking chair on diagonal: Rock forward on left diagonal (1), recover weight onto right (&), rock back on left (2), recover weight onto right (&) 4.30
身體面向斜角, 接續最後舞步, 做斜角的搖椅步
面向左斜角左足前下沉, 右足回復, 左足後下沉, 右足回復(面向4:30)

You will then continue from count 5 in section 1 squaring up to face back wall to do: Left side rock cross (5&6), right side rock cross (&7&), full turn (8&) and continue dance as normal. 6.00
接續第一段第5拍, 左曼波交叉, 右曼波交叉, 轉 轉後, 從頭起跳(面向6點鐘)