Have I Told You Lately? (最近我有沒有說過) (zh)

拍數: 32 **牆數:** 4 **級數:** Intermediate

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音樂: Have I Told You Lately That I Love You? - Van Morrison

第一段 **Nightclub Basic Left, ½ Turn R, Cross Chasse Left (Optional Full Turn), 3 Rocks 左基本步, 右1/2轉交換交叉(轉圈也可), 基本步, 搖椅步**

1-2& Large step L to L side (1), Step ball of R behind L heel (2), Step L across front of R (&).
左足左一大步, 右足於左足踵後踏, 左足於右足前交叉踏

3-4& Turn ¼ R, Step forward R (3), Turn ¼ R, step L to L side (4), Step R across front of L (&).
右轉90度右足前踏, 右轉90度左足左踏, 右足於左足前交叉踏

Option: Counts 4& turn an extra full turn R, finish the last ¼ turn as you go into count 5. 第4拍改右轉圈

5-6& Large step L to L side (5), Rock back R (6), Recover to L (&).
左足左一大步, 右足後下沉, 左足回復

7&8& Rock forward R (7), Recover to L (&), Rock back R (8), Recover to L (&).
右足前下沉, 左足回復, 右足後下沉, 左足回復

第二段 **½ Turn Left Back & Drag, Cross Chasse L, ¼ Turn, Cross Chasse R, ½ Turn Ronde, Quick Weave**
1/2 後拖,側 交叉, 1/4, 側 交叉, 1/2繞, 快版藤步

1-2& Turn ½ L, Large step back R, drag L toe (1), Step L to L side (2), Step R across front of L (&).
左轉180度右後一大步左足拖併, 左足左踏, 右足於左足前交叉踏

3-4& Turn ¼ L, step forward L (3), Step R to R side (4), Step L across front of R (&). 左轉90度左足前踏, 右足右踏, 左足於右足前交叉踏

5 Step R to R side, turn ½ L, sweep L toe out to L side (5).
左轉180度右足右踏左足繞至後

6&7& Step L behind R (6), Step R to R (&), Step L across front of R (7), Step R to R (&). 左足於右足後踏, 右足右踏, 左足於右足前交叉踏, 右足右踏

8& Step L behind R (8), Step R to R (&). 左足於右足後踏, 右足右踏

第三段 **Cross Lunge Left And Right, Ronde, Cross, ¼ Turn, Step, Cross Chasse R 交叉曲膝-左, 右, 交叉繞, 交叉, 1/4, 斜後鎖步**

1-2& Rock L across front of R (1), Recover weight back to R (2), Step L to L (&). 左足於右足前交叉下沉, 右足回復, 左足左踏

3-4& Rock R across front of L (3), Recover weight back to L (4), Step R to R (&). 右足於左足前交叉下沉, 左足回復, 右足右踏

5-6 Step L across front of R, sweep R toe around to the front (5), Step R across front of L (6).
左足於右足前交叉踏右足趾繞至前, 右足於左足前交叉踏

7 Turn ¼ R, step back L (7). 右轉90度左足後踏

8&1 Step R to R back diagonal (8), Step L across front of R (&), Step R to R back diagonal (1).
右足右後斜角, 左足於右足前交叉踏, 右足右後斜角

第四段 **Cross Chasse L, Prep R, Paddle Turn L, Cross Unwind**
左交叉後鎖步, 右交叉後鎖步, 划槳轉, 交叉繞

Option: just cross, no unwind 交叉, 不繞轉

2&3	Step L to L back diagonal (2), Step R across front of L (&), Step L to L back diagonal (3). 左足左斜後踏, 右足於左足前交叉踏, 左足左斜後踏
&4	Step R to R back diagonal (&), Drag L toe in for a touch, arms prep to R side, bend knees slightly (4). 右足右斜後踏, 左足趾拖併點膝略彎手伸向外
5-7	Step L to L front diagonal with L toe turned out, turn 1/3 L (5), Rock back on ball of R (&) Turn 1/3 L, Step L forward, toe out (6), Rock back on ball of R (&), Turn 1/3 L, Step L forward (7). 左足趾左斜前點左轉60度, 右足後下沉, 左轉60度左足趾左點, 右足後下沉, 左轉60度左足前踏
8&	Sweep R toe around to front, step R crossed tightly over L (8), Unwind L 360 degrees, end with weight on R (&). 右足砲繞至前, 右足於左足前交叉踏, 左轉一圈最後重心在右足
<u>Option</u>:	Leave out the full turn, just step R across in front of L on count 8. 第8拍不轉圈可改成右足於左足前交叉踏