# Only In Your Mind (只在你心中) (zh)

**拍數:** 64 **牆數:** 4 **級數:** Intermediate

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**音樂:** In Your Mind - Anggun

前奏： Intro: Start dancing 16 count after vocal "It`s only in your mind" 16拍後唱歌起跳

**第一段** **R Side, Move Shoulders Back-Forward-Back, Together, L Side, Move Shoulders Back-Forward-Back, Mambo Turn 1/2 R**
**右, 雙肩移動-後, 前, 後, 併, 左, 雙肩移動-後, 前, 後, 曼波轉**

1,2&3 Step R to R side (1), with body weight on centered: move your both shoulders back-forward-back (2&3)
右足右踏, 身體重心保持在中央, 雙肩移動-後, 前, 後

4-5,6&7 Step R beside L (4), step L to L side (5), with body weight on centered: move your both shoulders back-forward-back (6&7)
右足併踏, 左足左踏, 身體重心保持在中央, 雙肩移動-後, 前, 後

8&1 Rock R forward (8), recover on L (&), turn 1/2 R stepping R forward (1) [6.00] 右足前下沉, 左足回復, 右轉180度右足前踏(面向6點鐘)

**第二段** **Mambo Turn 1/4 L, Behind Side Cross, Side and Hip Bump L-R-L-R**
**曼波轉1/4, 後 旁 前, 左踏推臀-左, 右, 左, 右(下段第1拍)**

2&3 Rock L forward (2), recover on R (&), turn 1/4 L stepping L to L side (3) [3.00] 左足前下沉, 右足回復, 左轉90左足左踏(面向3點鐘)

4&5 Step R behind L (4), step L to L side (&), cross R over L (5)
右足於左足後踏, 左足左踏, 右足於左足前交叉踏

6-8 Step L to L side and bump hip to the L (6), replace weight on R whilst bump hip to the R (7), replace weight on L whilst bump hip to the L (8)
左足左踏左推臀, 右足回復右推臀, 左足回復左推臀

**第三段** **Cross Shuffle, R Side Turn 1/2 L Cross R, Unwind Full Turn L, L Forward, Step Lock R Forward 交叉交換, 右 左1/2交叉, 左轉圈, 左, 前鎖步**

1 Replace weight on R whilst bump hip to the R
右足回復右推臀

2&3 Cross L over R (2), step R beside L (&), cross L over R (3)
左足於右足前交叉踏, 右足併踏, 左足於右足前交叉踏

4&5 Rock R to R side (4), turn 1/2 L stepping L to L side (&) [9.00], cross R over L (5)
右足右下沉, 左轉180度左足左踏(面向9點鐘), 右足於左足前交叉踏

6-7 Unwind full turn left weight on R (6), step L forward (7)
左繞轉重心在右足, 左足前踏

Easy: 簡易版 instead of unwind full turn R, touch L hell/toe to L diagonal forward 以左足趾斜前踏取代轉圈

8&1 Step R forward (8), lock L behind R (&), step R forward (1)
右足前踏, 左足於右足後鎖踏, 右足前踏

**第四段** **L Forward, Pivot 1/4 R, L Cross , R-L Rock Recover Cross, R Coaster Step 踏 轉1/4 交叉, 曼波交叉, 曼波交叉, 海岸步**

2&3 Rock L forward (2), pivot 1/4 R (&) [12.00], cross L over R (3)
左足前踏, 右轉90度(面向12點鐘), 左足於右足前交叉踏

4&5 Rock R to R side (4), recover on L (&), cross R over L (5)
右足右下沉, 左足回復, 右足於左足前交叉踏

6&7 Rock L to L side (6), recover on R (&), cross L over R (7)
左足左下沉, 右足回復, 左足於右足前叉踏

8&1 Rock R back (8), step L beside R (&), step R forward (1)
右足後下沉, 左足併踏, 右足前踏

**第五段** **(Rock Forward and Hip Bump) 3x, R Forward, Pivot 1/2 L, R Forward**
**前踏推臀 三次, 踏 轉 踏**

2&3 Rock L forward and hip Bump L-R-L
左足前踏推臀-左, 右, 左

4&5 Rock R forward and hip bump R-L-R
右足前踏推臀-右, 左, 右

6&7 Rock L forward and hip bump L-R-L
左足前踏推臀-左, 右, 左

8&1 Rock R forward (8), pivot ½ L weight on L (&), rock R forward (1) [6.00]
右足前踏, 左轉180度, 右足前踏(面向6點鐘)

**第六段 (Rock Forward and Hip Bump) 2x, L Forward, Turn 1/4 L, Hip Bump L 前踏推臀 二次, 踏 1/4 推臀**

2&3 Rock L forward and hip bump L-R-L
左足前踏推臀-左, 右, 左

4&5 Rock R forward and hip bump R-L-R
右足前踏推臀-右, 左, 右

6-8* Step L forward (6), on ball of L turn 1/4 L stepping R to R side (7) [3.00], step L to L side and hip bump L weight on L (8)*
左足前踏, 左轉90度右足右踏(面向3點鐘), 左足左踏左推臀

***DURING 3rd wall, ADD tag (2) and then restart**
第三面牆跳至此, 加拍後從頭起跳(詳見下面說明)

**第七段 Hip Bump R, (Rock Forward and Hip Bump) 3x, R Forward, Pivot 1/2 L, R Forward 前踏推臀 三次, 踏 轉 踏**

1 Replace weight on R and hip bump R
右足回復右推臀

In S7 from count 50-56 are repetition from S5 (Rock L forward and hip Bump L-R-L etc), begin with facing 3.00 wall, ending with facing 9.00 wall 第七段第2-8拍面向3點鐘, 重覆第五段的動作, 結束時面向9點鐘

**第八段 (Rock Forward and Hip Bump) 2x, L Forward, Turn 1/4 L, Hip Bump L 前踏推臀 二次, 踏 1/4 推臀**

S8 are repetition from S6 (Rock L forward and hip bump L-R-L etc), begin with facing 9.00 wall, ending with facing 6.00 wall.
第八段面向9點鐘, 重覆第六段的動作, 結束時面向6點鐘

1. At the END of 1st wall, you will facing 6.00 wall, then ADD 16 count (tag 1):
第一個加拍:
第一面牆結束後, 面向6點鐘, 加跳16拍

**第一段 R Side, Move Shoulders Back-Forward-Back, Together, R Side, Move Shoulders Back-Forward-Back, R Forward, Mambo Turn ½ R**
**右, 擺動雙肩, 併, 右, 擺動雙肩, 曼波轉**

1-2&3 Step R to R side (1), move your both shoulders back-forward-back (2&3) 右足右踏, 雙肩擺動-後, 前, 後

4-5 Step R beside L (4), step L to L side (5)
右足併踏, 左足左踏

6&7 Move your both shoulders back-forward-back
雙肩擺動-後, 前, 後

8&1 Step R forward (8), recover on L (&), turn ½ R stepping R forward (1) [12.00] 右足前下沉, 左足回復, 右轉180度右足前踏(面向12點鐘)

**第二段 L Forward, Pivot ½ R, L Forward, Touch R Diagonal Forward and Bend Knee, Hip Bump R-L-R-L 踏 轉 踏, 點帶彎膝, 推臀-右, 左, 右, 左**

2&3 Step L forward (2), pivot ½ R weight on R (&) [6.00], step L forward (3) 左足前踏, 右轉180度(面向6點鐘), 左足前踏

4 Touch R toe diagonal forward, slightly bend knees and body weight on L, rise your both arms above your head and make a diamond shape
右足趾斜前點, 略彎膝重心在左足, 雙手伸高過頭呈菱形狀

5-8 Still weight on L, bump hip R-L-R-L, Then start dancing 2nd wall facing 6.00 wall
(重心在左足)推臀-右, 左, 右, 左, 面向6點鐘從頭起跳第二面牆

2. *DURING 3rd wall, dance up until 48 count (count 8 section 6) and you will facing 3.00 wall, then ADD 48 count (tag 2) :
第二個加拍
第三面牆, 跳至第六段結束時, 面向3點鐘, 加跳下面48拍

**第一段 (Hip Bump 3x) R-L and Hold (推臀 三次帶候)右, 左**

1-4 Hip bump R-L-R (1-3), hold and weight on R (4)
推臀-右, 左, 右, 候重心在右足

5-8 Hip bump L-R-L (5-7), hold and weight on L (8)
推臀-左, 右, 左, 候重心在左足

**第二段 Turn ¼ R, L Forward, Pivot ½ R, Walk L-R, Pivot ¼ L, Cross R, L Side 右1/4, 踏, 右1/2, 走 走, 左1/4, 交叉, 左**

1-4 Turn 1/4 R stepping R forward (1) [6.00], step L forward (2), pivot ½ R weight on R (3) [12.00], step L forward (4)
右轉90度右足前踏(面向6點鐘), 左足前踏, 右轉180度, 左足前踏

5-8 Step R forward (5), pivot ¼ L weight on L (6) [9.00], cross R over L (7), step L to L side (8)
右足前踏, 左轉90度(面向9點鐘), 右足於左足前交叉踏, 左足左踏

Move Upper Body and Hold 上半身擺動, 候

1-4 With body weight on centered and bent kness, move upper body R-L-R (1-3), replace weight on R and hold (4)
身體重心在中心彎膝, 上半身右, 左, 右擺動, 候(重心在右足)

5-8 Replace weight on centered and move your upper body L-R-L (5-7), replace weight on L and hold (8)
身體重心回中心, 上半身擺動左, 右, 左擺動, 候(重心在左足)

Turn ¼ R, L Forward, Pivot ½ R, Walk L-R, Unwind Full Turn L, L Forward, R Side 右1/4, 踏, 1/2, 走 走, 左繞圈, 踏, 右

1-4 Turn ¼ R stepping R forward (1) [12.00], step L forward (2), pivot ½ R weight on R (3) [6.00], step L forward (4)
右轉90度右足前踏(面向12點鐘), 左足前踏, 右轉180度, 左足前踏

5-8 Step R forward (5), unwind full turn L weight on R (6), step L forward (7). step R to R side (8)
右足前踏, 左繞轉圈重心在右足, 左足前踏, 右足右踏

Repeat tag dance from count 17-24, with facing 6.00 wall
面向6點鐘，重覆Tag第三段的舞步

Round Hip Counter Clockwise, Together, Roll Body
逆時針轉臀, 併, 擺動身體

1-4 With body weight on center, round hip L-back-R, counter clockwise (3), step R beside L (4)
身體重心在中央, 由左向右逆時針轉臀一圈, 右足併踏

5-8 Roll body back-down-forward-up. When you down your body, slowly bend both knees, and when you up your body, slowly straightened both knees. Restart dancing the 4th wall facing 6.00 wall
擺動身體-後, 下(雙膝略彎), 前, 上(雙膝慢伸直),

**ENDING**: On 5th wall, dance up to count 43 (count 3 section 6), replace the hipbump R-L-R with step R forward (4), pivot ½ L (&), step R to R side and pose! (5) facing 12.00 wall.
結束: 第五面牆, 跳至第六段第3拍, 改跳右足前踏, 左轉180度, 右足右踏, 面向12點鐘方向擺個姿勢結束舞曲

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