Everything I Do (全都為你) (zh)

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

編舞者: Rachael McEnaney (USA) - 2010年05月

音樂: (Everything I Do) I Do It for You - Brandy

前奏： Count In: 16 counts from start of track – dance begins on vocals 16拍後唱歌起跳

第一段 **R Side Nightclub 2step Basic, 2x ¼ Turns Stepping LR, Walk Fwd LR, Rock Fwd L, Walk Back RL, R Coaster Into R Lock Step Fwd (Shuffle)**
基本步, 1/4 1/4, 走 走 下沉 後 後, 海岸步帶前鎖步

12& Step right to right side (1), rock back on left (slightly behind R) (2), recover weight forward onto right (&) [12.00]
右足右踏, 左足後下沉(略於右足後), 右足回復(面向12點鐘)

3& Make ¼ turn right stepping back on left (3), make ¼ turn right stepping right to right side (&) [6.00]
右轉90度左足後踏, 右轉90度右足右踏(面向6點鐘)

4&5 Step diagonally forward on left (4), step forward on right (&), step forward on left and rock weight forward (5) [7.30]
左足斜前踏, 右足前踏, 左足前下沉(面向7:30)

6& Step back on right (6) step back on left (&) [7.30]
右足後踏, 左足後踏(面向7:30)

7&8& Step back on right (7), step left next to right (&), step forward on right (8), step left next to right (&) [7.30]
右足後踏, 左足併踏, 右足前踏, 左足併踏(面向7:30)

1 Step forward on right making 1/8 turn to left sweeping left foot round (weight on right) (1) [9.00]
右足前踏左轉45度左足繞至前(重心在右足)(面向9點鐘)

第二段 **L Cross, R Side, L Back Rock, 2x ¼ Turn, L Cross Rock, R Cross Rock, ½ Turn Right Stepping L To Side**
交叉 右 後下沉 回復, 1/4 1/4 交叉 回復 左, 交叉 回復 1/4 1/4左

2&3& Cross left over right (2), step right to right side (&) rock back on left (slightly behind right) (3), recover weight forward onto right (&) [9.00]
左足於右足前交叉踏, 右足右踏, 左足後下沉, 右足回復(面向9點鐘)

4&5 Make ¼ turn right stepping back on left (4), make ¼ turn right stepping right to right side (&), cross rock left over right (5) [3.00]
右轉90度左足後踏, 右轉90度右足右踏, 左足於右足前交叉下沉(面向3點鐘)

6&7 Recover weight back onto right (6), step left to left side (&), cross rock right over left (7) [3.00]
右足回復, 左足左踏, 右足於左足前交叉下沉(面向3點鐘)

8&1 Recover weight back onto left (8), make ¼ turn right stepping forward on right (&), make ¼ turn right taking big step to left side (1) [9.00]
左足回復, 右轉90度右足前踏, 右轉90度左足左大步(面向9點鐘)

第三段 **L Side Nightclub 2step Basic, L Behind, R Side, L Cross, Weave Crossing R With ¼ Turn L, Rock Fwd R**
基本步後兩拍, 右, 後 旁 前, 交叉藤步帶1/4, 下沉 回復

2&3 Rock back on right (slightly behind left) (2), recover weight forward onto left (&), step right to right side (3) [9.00]
右足後下沉, 左足回復, 右足右踏(面向9點鐘)

4&5 Cross left behind right (4), step right to right side (&), cross left over right sweeping right foot round (weight left) (5) [9.00]
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏右足繞至前(面向9點鐘)

6&7& Cross right over left (6), step left to left side (&), cross right behind left (7), make ¼ turn left stepping forward on left (&) [6.00]
右足於左足前交叉踏, 左足左踏, 右足於左足後踏, 左轉90度左足前踏(面向6點鐘)

8& Rock forward on right (8), recover weight onto left (&) [6.00]
右足前下沉, 左足回復(面向6點鐘)

第四段 **R Back Rock, ½ Turn L Into L Back Rock, Full Turn Travelling Fwd, (2 Ending Options – Full Turn Into Paddle Or Paddle ½ Turn)**
後下沉, 回復-轉-後下沉, 回復-轉-轉-轉-轉-划槳步-曼波交叉

12&3 Rock back on right (1), recover weight onto left (2), make ½ turn left stepping back on right (&), rock back on left (3) [12.00]
右足後下沉, 左足回復, 左轉180度右足後踏, 左足後下沉(面向12點鐘)

4&5 Recover weight onto right (4), make ½ turn right stepping back on left (&), make ½ turn right stepping forward on right (5) [12.00]
右足回復, 右轉180度左足後踏, 右轉180度右足前踏(面向12點鐘)

&6&7 Ending 1 (easier): 簡易版
Step left next to right (&), make ¼ turn right stepping forward on right (6), step left next to right (&), make ¼ turn right stepping forward on right (7) [6.00]
左足併踏, 右轉90度右足前踏, 左足併踏, 右轉90度右足前踏(面向6點鐘)
(try to do this paddle turn making arc on floor rather than sharp ¼ turns (like dancing round something)
試著將划槳步在地板上以弧形畫圈的方式取代左轉90度的轉動

&6&7 Ending 2 (harder): 進階版
Make ½ turn right stepping back on left (close feet to turn) (&), make ½ turn right stepping forward on right (start opening body to right diagonal) (6), close left next to right making ¼ turn right (&), make ¼ turn right stepping forward on right (7) [6.00]
右轉180度左足後踏(併腳轉), 右轉180度右足前踏(身體面向右斜角), 左足併踏右轉90度, 右轉90度右足前踏(面向6點鐘)

&8& Rock left to left side (&), recover weight onto right (8), cross left over right (&) [6.00]
左足左下沉, 右足回復, 左足於右足前交叉踏(面向6點鐘)

TAG: The tags happen at the END of walls 5 and 7: both times you will be facing back wall. 加拍 : 第五面牆及第七面牆時, 都面向後面牆

2x Nightclub Two Step Basics 二次基本步(NC)

12& Step right to right side (1), rock back on left (slightly behind right) (2), recover weight forward onto right (&) [6.00]
右足右踏, 左足後下沉(略於右足後), 右足回復(面向6點鐘)

34& Step left to left side (3), rock back on right (slightly behind left (4), recover weight forward onto left (&) [6.00]
左足左踏, 右足後下沉(略於左足後), 左足回復(面向6點鐘)