Show Me Yours (秀出自我) (zh)

拍數: 48 **牆數:** 4 **級數:** Intermediate

編舞者: Maggie Gallagher (UK) - 2007年01月

音樂: Show Me Yours - Rick Guard : (Album: Hands Of A Giant)

前奏： 48 counts 48拍後開始起跳

第一段 **Step, 1/2 Pivot Left, Walk, 1/2 Pivot Right, 1/2 Shuffle Right, Left Ronde, Step 踏, 左轉1/2, 走, 右轉1/2, 轉交換, 繞, 交叉**

1,2 Step Forward On Right, Make 1/2 Pivot Turn Left [6]
右足前踏, 左轉180度(6點鐘)

3,4 Walk Forward On Right, Make 1/2 Turn Right Stepping Back On Left [12]
右足前走步, 右轉180度左足後踏(12點鐘)

5&6 Make 1/2 Shuffle Turn Right [6]
右轉180度交換步(6點鐘)

7,8 Ronde Sweep Left Across Right, Step Onto Left Across Right
左足旋繞至右足前, 左足於右足前交叉踏

第二段 **Side Rock, Recover, Right Sailor, Point Back, 1/2 Unwind, Right Kick-Ball-Change 側下沉, 回復, 右水手步, 後點, 繞1/2, 右踢交換步**

1,2 Rock Out To Right Side, Recover Onto Left 右足右下沉, 左足回復

3&4 Right Sailor Step 右水手步

5,6 Point Left Toe Back, Unwind 1/2 Turn Left (Weight Forward Onto Left) [12] 左足趾後點, 左繞180度(左足重心移向前)

7&8 Right Kick-Ball-Change 右踢交換步

第三段 **Step, Touch, Place, Touch, Hold, Back, Touch, Back, Touch, Rock Back, Recover 踏, 點, 原地, 點, 候, 後, 點, 後, 點, 後下沉, 回復**

1,2 Step Forward On Right, Touch Left Next To Right
右足前踏, 左足併點

&3 Place Weight Onto Left, Touch Right Next To Left
左足原地點, 右足併點

4 Hold 候

&5 Step Back On Right, Touch Left Next To Right
左足後踏, 左足併點

&6 Step Back On Left, Touch Right Next To Left
左足後踏, 右足併點

7,8 Rock Back On Right, Recover Onto Left
右足後下沉, 左足回復

第四段 **Step, 1/4 Right With Left Point, Left Cross, Right Point, Rolling Vine Right, Left Touch**
踏, 右轉1/4左足點, 左足交叉, 右足點, 右華倫步, 左足點

1,2 Step Forward On Right, Make 1/4 Turn Right Pointing Left Toe To Left Side [3] 右足前踏, 右轉90度左足左點(3點鐘)

3,4 Cross Left Over Right, Point Right Toe To Right Side
左足於右足前交叉踏, 右足趾右點

5,6,7 Rolling Vine To Right Side [3] 向右轉華倫步(3點鐘)

8 Touch Left Next To Right With A Clap Of The Hands
左足併點, 拍手

第五段 **Left Lock, Left Lock Step, Step, 1/2 Pivot Left, Right Shuffle**
左鎖步, 左鎖踏, 踏, 左轉1/2, 右交換步

1,2 Step Forward On Left, Lock Right Behind Left
左足前踏, 右足於左足後鎖踏

3&4 Left Lock Step Forward 左足前踏

5,6 Step Forward On Right, Make 1/2 Pivot Turn Left (Weight On Left) ***(37, 38)*** [9] 右足前踏, 左轉90度(重心在左足)(9點鐘)

7&8 Right Shuffle Forward ***(39 & 40)*** 右前交換步

第六段 Side Rock, Recover, Left Samba, Right Jazz Box, Step Fwd Left
側下沉, 回復, 左森巴, 右爵士方塊, 左前踏

1,2 Rock Out To Left Side, Recover Onto Right (***Moving Forward Slightly***)***(41, 42)*** 左足側下沉, 右足回復

3&4 Diagonal Cross Step Left Over Right, Step Right To Right Side, Step Left To Left Side Angled Left (***Moving Forward Slightly***)***(43 & 44)***
左足於右足前斜角線交叉踏, 右足右踏, 左足左踏

5,6 Cross Right Over Left, Step Back On Left
右足於左足前交叉踏, 左足後踏

7,8 Step Right To Right Side, Step Forward On Left
右足右踏, 左足前踏

DURING wall 6, OMIT the steps where the counts are shown in italics.(steps 37-44)
You will be facing the front wall where you started the dance. Continue the dance from step 45 to the end. Then restart the dance from the beginning.
第六面牆省略斜字體的動作***(37-44)***從第六段第5拍開始跳後, 從頭起跳