Sentimental (多愁善感) (zh)

拍數: 48 **牆數:** 2 **級數:** Intermediate/Advanced
編舞者: Rachael McEnaney (USA) - 2009年10月
音樂: Sentimental - Gareth Gates : (CD: What My Heart Wants To Say)

前奏： Count In: 32 counts from start of track. Begin on vocals. 32拍後唱歌時起跳

第一段 Walk Back LR, L Ball Change, Step Fwd L, Diagonal Ball Cross, ½ Turning R Triple Step, Step Fwd L
後走-左, 右, 後 踏, 前, 斜角併交叉, 右小三步1/2, 前踏

1 Step back on left (1),[12.00] 左足後走 (面向12點鐘)

2&3 step back on right (2) , Rock back on ball of left foot (&), step right foot in place (3)[12.00]
右足後走, 左足後下沉, 右足踏(面向12點鐘)

4&5 step forward on left (4), Angle body to left diagonal at 10.30 – Rock back on ball of right foot (&), step left foot in place (5), [10.30]
左足前踏, (身體面向左斜角10:30)右足後下沉, 左足踏(面向10:30)

6&7 8 Straighten body to 12.00 – Step forward on right (6), make ¼ turn right stepping left next to right (&), make ¼ turn right stepping forward on right (7), step forward on left (8) [6.00]
(身體回正12:00)右足前踏, 右轉90度左足併踏, 右轉90度右足前踏, 左足前踏(面向6點鐘)

第二段 Funky Turns To Left Stepping ¼ With R, ½ With L, ½ With R, L Sailor, R Cross, 1/2 Turn Right Stepping L R
左轉1/4, 1/2, 1/2, 水手步, 交叉, 1/2 3/8

&1&2&3 Make ¼ turn left dragging right toe in (no weight change) (&), step right to right side (1), make ½ turn left dragging left toe in (no weight change (&), step left to left side (2), make ½ turn left dragging right toe in (no weight change), step right to right side (3)
左轉90度右足趾拖併, 右足右踏, 左轉180度左足趾拖併, 左足左踏, 左轉180度右足趾拖併, 右足右踏

NOTE: Try to think of this as simply Right (1), Left (2), Right (3) and try flexing knees on each step – the '&' counts are part of styling. [3.00]
這三拍只是很單純的右踏, 左踏, 右踏, 只是試著在每一步加入比較彈性的拖併動作(面向3點鐘)

4&5 Cross left behind right (4), step right next to left (&), step left to left side (5) [3.00]
左足於右足後交叉踏, 右足併踏, 左足左踏(面向3點鐘)

6-8 Cross right over left (6), make ¼ turn right stepping back on left (7), make ¼ turn right stepping right to right side (8) – however end with body angled towards 10.30 (so essentially 3/8 turn) [10.30]
右足於左足前交叉踏, 右轉90度左足後踏, 右轉135度右足右踏(面向10:30)

第三段 L Mambo With Drag/Sweep, Ball Step With ¼ Turn, R Mambo, L Ball Change, Step Fwd L 曼波帶拖, 併踏轉1/4, 曼波, 併踏, 前踏

1&2 Rock forward on left (1), recover weight onto right (&), take big step back on left (2) [10.30]
左足前下沉, 右足回復, 左足後一大步(面向10:30)

3&4 Drag right towards left / or sweep right foot round clockwise to behind left (3), step ball of right behind left (&), step left to left side (4) body no angled towards 7.30 [7.30]
右足拖併(或右足順時針繞), 右足於左足後踏, 左轉90度左足左踏(面向7:30)

5&6 Rock forward on right (5), recover weight onto left (&), step right next to left (6) [7.30] 右足前下沉, 左足回復, 右足併踏(面向7:30)

&78 Rock back on ball of left (&), recover weight onto right (7), step forward on left (8) (body still angled to 7.30) [7.30]
左足後下沉, 右足回復, 左足前踏(身體面向7:30)

第四段 **Hip Bumps Back Forward, R Coaster Step, Skate X2, ¾ Left Triple Step 後前推臀, 海岸步, 滑冰步二次, 小三步左轉3/4**

1-2 Push weight back onto right foot bumping hips back (1), push weight forward onto left foot bumping hips forward (2) [7.30]
右足後踏後推臀, 左足前踏前推臀(面向7:30)

3&4 Push off left foot and step back on right (3), step left next to right (&), step forward on right (4) [7.30]
右足後踏, 左足併踏, 右足前踏(面向7:30)

5-6 Skate left foot towards 4.30 (5), skate right foot towards 7.30 (6) (these steps are done in place) [7.30]
面向4:30左足滑冰步, 面向7:30右足滑冰步(面向7:30)

7&8 Make ¼ turn stepping forward on left (7), make ¼ turn stepping right next to left (&), make ¼ turn stepping forward on left (8) (this is a turning triple step you will end facing 10.30) [10.30]
左轉90度左足前踏, 左轉90度右足併踏, 左轉90度左足前踏(小三步轉270度面向10:30)

第五段 **Toe Taps Travelling Back, Ball Changes Back Forward Back, R Kick Ball Change 趾點後踏, 反向搖椅步, 踢併踏**

1&2&3& Touch right toe forward (1), step back on right (&), touch left toe forward (2), step back on left (&), touch right toe forward (3) Rock back on ball of right (&)
右足趾前點, 右足後踏, 左足趾前點, 左足後踏, 右足趾前點, 右足後踏

STYLING: When you touch toes forward make it look like a press (so knee is bent – no weight on bent knee) [10.30]
足趾前點時, 可以用一個壓步去處理讓膝蓋彎曲, 但重心不在這隻腳上

4 step in place with left (4) 左足踏

&5&6 rock forward on ball of right (&), step in place with left (5), Rock back on ball of right (&), step in place with left (6) [10.30]
右足前下沉, 左足踏, 右足後下沉, 左足踏(面向10:30)

7&8 Raise up on left toe as you kick right foot forward (7), step in place with ball of right (&), step in place with left (8) [10.30]
右足前踢, 右足踏, 左足踏(面向10:30)

第六段 **R Shuffle, Turn, L Shuffle, ¼ Turn L Stepping Back, ¼ Turn L Stepping To Side, Step Fwd R, L Mambo**
前交換, 轉, 前交換, 左1/4後踏, 左1/4側踏, 前踏, 曼波

1&2 Step forward on right (1), step left next to right (&), step forward on right (2) [10.30] 右足前踏, 左足併踏, 右足前踏(10:30)

&3&4 Swivel ¼ turn right to face 1.30 on ball of right (&), step forward on left (3), step right next to left (&), step forward on left (4) [1.30]
右足右轉90度轉到1:30, 左足前踏, 右足併踏, 左足前踏(1:30)

5-6 Make 3/8 turn left stepping back on right (end facing 9.00), make ¼ turn left stepping left to left side (6) [6.00]
左轉135度右足後踏(面向9點鐘), 左轉90度左足左踏(面向6點鐘)

78& Step forward on right (7), rock forward on left (8), recover weight onto right (&) (ready to start again stepping back on left) [6.00]
右足前踏, 左足前下沉, 右足回復(接續第1拍左足後踏)(面向6點鐘)