Sign Your Name (刻你名在心上) (zh)

拍數: 60 **牆數:** 4 **級數:** Intermediate

編舞者: Alan Birchall (UK) - 2010年09月

音樂: Sign Your Name - Michael Bolton : (CD: One World, One Love)

前奏： Start: After Intro On Lyrics, Seconds: 25 Count

第一段 **Cross Rock, Recover, Side, Cross Rock, Recover, ¼, Full Turn**
交叉下沉 回復 側踏, 交叉下沉 回復 1/4側踏, 轉 轉

1-2 Cross Rock Left Over Right, Recover On Right
左足於右足前交叉下沉, 右足回復

3 Step Left To Left 左足左踏

4-5 Cross Rock Right Over Left, Recover On Left
右足於左足前交叉下沉, 左足回復

6 Making ¼ Turn Right Step Right To Right 3 o'Clock
右轉90度右足右踏(面向3點鐘)

7-8 Make ½ Turn Right Stepping Back On Left, Make ½ Turn Right Stepping Forward On Right 3 o'Clock
右轉180度左足後踏, 右轉180度右足前踏(面向3點鐘)

第二段 **Side, Together, Side, Close, Side, Cross Rock, Recover, ¼, Step**
側 併, 左追步, 交叉下沉 回復, 1/4 踏

1-2 Step Left To Left, Step Right Beside Left 左足左踏, 右足併踏

3&4 Step Left To Left, Step Right Beside Left, Step Left To Left (Styling: Add Cuban Hips) 左足左踏, 右足併踏, 左足左踏(配合做推臀動作)

5-6 Cross Rock Right Over Left, Recover On Left
右足於左足前交叉下沉, 左足回復

7-8 Making ¼ Turn Right Step Forward On Right, Step Forward On Left 6 o'Clock 右轉90度右足前踏, 左足前踏(面向6點鐘)

第三段 **Rocking Chair, Step, Turn, Step, Hold 搖椅步, 踏 轉 踏 候**

1-2 Rock Forward On Right, Recover On Left 右足前下沉, 左足回復

3-4 Rock Back On Right, Recover On Left 右足後下沉, 左足回復

5-6 Step Forward On Right, ½ Pivot Left 12 o'Clock
右足前踏, 左軸轉180度(面向12點鐘)

7-8 Step Forward On Right, Hold 右足前踏, 候

第四段 **Step, Turn, Step, Hold, Full Turn, Cross, Point**
踏 轉 踏 候, 轉 轉 交叉 側點

1-2 Step Forward On Left, ½ Pivot Right 6 o'Clock
左足前踏, 右軸轉180度(面向6點鐘)

3-4 Step Forward On Left, Hold 左足前踏, 候

5-6 Making ½ Turn Left Stepping Back On Right, Making ½ Turn Left Stepping Forward On Left 6 o'Clock
左轉180度右足後踏, 左轉180度左足前踏(面向6點鐘)

RESTART Here DURING 2nd Wall Facing 6 0'Clock
第二面牆(面向6點鐘), 跳至此, 從頭起跳

7-8 Cross Right Over Left, Point Left To Left
右足於左足前交叉踏, 左足左點

第五段 **Cross Rock, Recover, Cross Shuffle, Step, Hold, Rock Back, Recover**
交叉下沉 回復, 交叉交換, 側大步 候, 後下沉 回復

1-2 Cross Rock Left Over Right, Recover On Right (Styling: Roll Hips)
左足於右足前交叉下沉, 右足回復(配合做轉臀動作)

Dance Finish's Here During The 6th Wall Facing 12 O'Clock Point Left To Left 第六面牆跳至此時, 面向12點鐘, 做左足左點結束動作

3&4 Cross Left Over Right, Step Right To Right, Cross Left Over Right
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

5-6 Take A Big Step To Right, Hold 右足右一大步, 候

7-8 Rock Left Behind Right, Recover On Right
左足於右足後下沉, 右足回復

第六段 Step, Hold, Behind ¼ Step, Step, ½ Pivot, Full Turn
左大步 候, 後 1/4 踏, 踏 轉, 轉 轉

1-2 Take A Big Step Left To Left, Hold 左足左一大步, 候

3&4 Cross Right Behind Left, Make ¼ Turn Left Stepping Forward On Left, Step Forward On Right 3 o'Clock
右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏(面向3點鐘)

RESTART Here DURING 3rd & 5th Wall Facing 9 0'Clock
第三面牆及第五面牆(都面向9點鐘), 跳至此時, 從頭起跳

5-6 Step Forward On Left, ½ Pivot Right 9 o'Clock
左足前踏, 右軸轉180度(面向9點鐘)

7-8 Making ½ Turn Right Step Back On Left, Making ½ Turn Right Step Forward On Right 右轉180度左足後踏, 右轉180度右足前踏

第七段 Step, Lock, Step, Lock, Step, Rock Forward, Recover, Back Lock Step
踏 鎖, 前鎖步, 下沉 回復, 後鎖步

1-2 Step Forward On Left, Lock Right Behind Left (Styling: Push Hips Forward & Back On Lock Steps) 左足前踏(前推臀), 右足於左足後鎖踏(後推臀)

3&4 Step Forward On Left, Lock Right Behind Left, Step Forward On Left (Styling: Add Hips)
左足前踏, 右足於左足前鎖踏, 左足前踏(配合做推臀動作)

5-6 Rock Forward On Right, Recover On Left 右足前下沉, 左足回復

7&8 Step Back On Right, Lock Left Over Right, Step Back On Right
右足後踏, 左足於右足前鎖踏, 右足後踏

第八段 Rock Back, Recover, Full Turn 後下沉 回復, 轉 轉

1-2 Rock Back On Left, Recover On Right 左足後下沉, 右足回復

3-4 Making ½ Turn Right Stepping Back On Left, Making ½ Turn Right Stepping Forward On Right 9 o'Clock
右轉180度左足後踏, 右轉180度右足前踏(面向9點鐘)