Sara Smile (zh)

拍數: 32 **牆數:** 4 **級數:** Intermediate

編舞者: Michael Barr (USA) - 2011年02月

音樂: Sara Smile - Hall & Oats

第一段 **Side, Behind, ¼ R, Forward, ½ R, ¼ Touch - Rock-Return-Side, Behind, Side, Cross**

1-2& Step R side right; Step L behind right; Turn ¼ right stepping R forward 3 o'clock 右足右踏, 左足於右足後踏, 右轉90度右足前踏(面向3點鐘)

3 & 4 Step L forward; Turn ½ right onto R; Turn ¼ R on ball of right touching L side left 12 o'clock
左足前踏, 右轉180度 , 右轉90度左足左點(面向12點鐘)

1-4 Easier Option: (1) Step R side Right; (2&3) Sailor step; (&) Step R behind L: (4) Touch L side left
1-4拍簡易版：右足右踏, 水手步, 右足於左足後交叉踏, 左足左點

5 & 6 Rock L behind right; Return weight to R in place; Step L side left
左足於右足後下沉, 右足踏, 左足左踏

7 & 8 Step R behind L; Step L side left; Step R in front of L
右足於左足後踏, 左足左踏, 右足於左足前踏

第二段 **Step Side, Touch, Shift Wt. Repeat - Syncopated Cross Rock & Crossing 1/2 Turn L**

&1-2 Step L side left; Touch R next to L, push L hip left w/ bent R knee; Shift wt. R, pushing R hip right w/ bent L knee
左足左踏, 右足併點推左臀彎右膝, 重心至右足推右臀左膝彎

&3-4 Step L side left; Touch R next to L, push L hip left w/ bent R knee; Shift wt. R, pushing R hip right w/ bent L knee
左足左踏, 右足併點左推臀右膝彎, 重心至右足推右臀左膝彎

&5&6 Step L side left; Cross-rock R in front of L; Return weight to L in place; Step R side right
左足左踏, 右足於左足前交叉下沉, 左足回復, 右足右踏

7&8& Step L in front of R; Turn ¼ left, step back on R; Turn ¼ left, step L side left; Cross R in front of L 6 o'clock
左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度左足左踏, 右足於左足前交叉踏(面向6點鐘)

Note: On walls 2 & 4 add the tag here and then just continue the dance with counts 17 - 32. 第二面牆及第四面牆跳至此, 加拍8拍後, 繼續跳第三段及第四段

第三段 **Basic Night Club W/ 1/4 Left - Full Turn Left, Syncopated Coaster Step**

1-2& Step L side left; Rock R behind L; Return weight to L in place
左足左踏, 右足於左足後下沉, 左足回復

3-4& Step R side right; Rock L behind R; Return weight to R in place
右足右踏, 左足於右足後下沉, 右足回復

5-6& Turn ¼ left stepping forward on L; Turn ½ left stepping back on R; Turn ½ left stepping forward on L 3 o'clock
左轉90度左足前踏, 左轉180度右足後踏, 左轉180度左足前踏(面向3點鐘)

5-6&簡易版 5-6& Easy Option: Turn ¼ left stepping forward on L; Walk forward on R; Walk Forward on L 3 o'clock
左轉90度左足前踏, 右足前走, 左足前走(面向3點鐘)

7&8& Step forward on ball of R; Step ball of L next to R; Small step back on ball of R; Small step back on L 3 o'clock
右足前踏, 左足併踏, 右足後踏, 左足略後踏(面向3點鐘)

第四段 **Back, Back, Back, Coaster - Syncopated Cross Steps (moving forward)**

1-2-3 Big step back on R; Big step back on L; Big step back on R (drag other foot along floor on these step backs)
右足後一大步, 左足後一大步, 右足後一大步(每個後大步, 另一腳都拖併)

4 & 5 Small step back on L to left diagonal; Small step back on R next to L; Step L forward in front of R
左足左斜角後踏, 右足併踏, 左足於右足前交叉踏

& 6 & Rock step on ball of R side right; Return weight to L in place; Step R forward in front of L 右足右下沉, 左足回復, 右足於左足前交叉踏

7 & 8 Rock step on ball of L side left; Return weight to R in place; Step L forward in front of R 左足左下沉, 右足回復, 左足於右足前交叉踏

Tag:Walls 2 & 4 add these 8 counts after count 16.
第二面牆及第四面牆跳至16拍後加8拍

Tag Touch, Hold & Touch, Hold & Touch, Hold, Hold, Hold

1-2	Touch L side left (point both index fingers forward – on the word “You”); Hold 左足左點(食指指向前, 表示指”你”), 候
&3-4	Step L to center; Touch R side right (point both index fingers to your chest – on the word “Me”); Hold 左足併踏, 右足右點(食指指向胸前, 表示指”我”), 候
&5-6	Step R to center; Touch L foot forward; Tap L heel to floor 右足併踏, 左足前點, 左足踵點
7-8	Tap heel to floor; Tap heel to floor 左足踵點, 左足踵點

Note: The first time the tag is on the 9 o’clock wall and the second time the tag is on the 3 o’clock wall.
面向9點鐘方向, 及面向3點鐘方向, 各做一次加拍

I will admit this is a bit different. Adding the “You & Me” 8 ct. tag in the middle of a phrase will be new and I hope interesting. The song, Sara Smile, has been on my mind for a long time and it’s nice to finally bring something to the floor. And just for kicks at the end of wall 6 just (&) Turn ½ left onto your R and (1) Touch your L forward taping your heel.
第六面牆結束時, (&)左轉180度 (1)左足踵前點做結束