Nashi Love Song (納西情歌) (zh)

拍數: 128 **牆數:** 1 **級數:** Phrased Improver
編舞者: Amy Yang (TW) - 2017年11月
音樂: Nashi Love Song (納西情歌) - Gong Yue (龔玥)

Intro : 72 counts.
Sequence of dance : A A Tag 1 / B B C C Tag 2 / A Tag 1 / B B B B Tag 2 / A(32) A(32) A(8)

[PART A – 64 COUNTS.]
Sec. A1: SIDE, HOLD, CROSS, HOLD, BACK, SIDE, CROSS, HOLD
1 - 4 Step RF to R, Hold, Cross LF over RF, Hold
5 - 8 Step RF back, Step LF to L, Cross RF over LF, Hold
1 - 4 右足右踏,停拍,左足交叉右足前,停拍
5 - 8 右足後踏,左足左踏,右足交叉左足前,停拍

Sec. A2: SIDE, HOLD, CROSS, HOLD, BACK, SIDE, CROSS, HOLD
1 - 4 Step LF to L, Hold, Cross RF over LF, Hold
5 - 8 Step LF back, Step RF to R, Cross LF over RF, Hold
1 - 4 左足左踏,停拍,右足交叉左足前,停拍
5 - 8 左足後踏,右足右踏,左足交叉右足前,停拍

Sec. A3: CHASSE 1/2 TURN R FLICK, CHASSE, FLICK
1 - 4 Step RF to R, Step LF beside RF, Step RF to R, Make 1/2 turn R flick on LF(06:00)
5 - 8 Step LF to L, Step RF beside LF, Step LF to L, Flick on RF
1 - 4 右足右踏,左足併於右足旁,右足右踏,右轉1/2 左足後輕彈(06:00)
5 - 8 左足左踏,右足併於左足旁,左足左踏,右足後輕彈

Sec. A4: CHASSE 1/2 TURN R, FLICK, CHASSE, HOOK
1 - 4 Step RF to R, Step LF beside RF, Step RF to R, 1/2 turn R flick on LF(12:00)
5 - 8 Step LF to L, Step RF beside LF, Step LF to L, Flick on RF
1 - 4 右足右踏,左足併於右足旁,右足右踏,右轉1/2 左足後輕彈(12:00)
5 - 8 左足左踏,右足併於左足旁,左足左踏,右足後輕彈

Sec. A5: SIDE, HOLD, CROSS, HOLD(x2)
1 - 4 Step RF to R, Hold, Cross LF over RF, Hold
5 - 8 Step RF to R, Hold, Cross LF over RF, Hold
1 - 4 右足右踏,停拍,右足右踏,停拍
5 - 8 右足右踏,停拍,右足右踏,停拍

Sec. A6: FULL TURN R, CROSS SHUFFLE, HOLD
1 - 4 Full turn R (weight remains on LF)
5 - 8 Cross RF over LF, Step LF to L, Cross RF over LF, Hold
1 - 4 右轉一圈 (重心保持在左足)
5 - 8 右足交叉左足前,左足左踏,右足交叉左足前,停拍

Sec. A7: STEP, HOLD, TOUCH, HOLD(L&R)
1 - 4 Step LF to L, Hold, Touch RF behind LF, Hold
5 - 8 Step RF to R, Hold, Touch LF behind RF, Hold
1 - 4 左足左踏,停拍,右足交叉左足後點,停拍
5 - 8 右足右踏,停拍,左足交叉右足後點,停拍

Sec. A8: FULL TURN L WALK FORWARD, HOLD(L, R, L, R)
1 - 4 1/4 turn L walk forward L, Hold, 1/4 turn L walk forward R, Hold(06:00)

5 - 8 1/4 turn L walk forward L, Hold, 1/4 turn L walk forward R, Hold(12:00)
1 - 4 左轉 1/4 前進走步左足,停拍,左轉 1/4 前進走步右足,停拍(06:00)
5 - 8 左轉 1/4 前進走步左足,停拍,左轉 1/4 前進走步右足,停拍(12:00)

[PART B – 32 COUNTS.]
Sec. B1: CROSS, RECOVER, SIDE, HOLD(R&L)
1 - 4 Cross RF over LF, Recover onto LF, Step RF to R, Hold
5 - 8 Cross LF over RF, Recover onto RF, Step LF to L, Hold
1 - 4 右足交叉左足前,重心回左足,右足右踏,停拍
5 - 8 左足交叉右足前,重心回右足,左足左踏,停拍

Sec. B2: CROSS, RECOVER, SIDE, HOLD(R&L)
1 - 4 Cross RF over LF, Recover onto LF, Step RF to R, Hold
5 - 8 Cross LF over RF, Recover onto RF, Step LF to L, Hold
1 - 4 右足交叉左足前,重心回左足,右足右踏,停拍
5 - 8 左足交叉右足前,重心回右足,左足左踏,停拍

Sec. B3: CROSS, SIDE, RECOVER, HOLD(R&L)
1 - 4 Cross RF over LF, Step LF to L, Recover onto RF, Hold
5 - 8 Cross LF over RF, Step RF to R, Recover onto LF, Hold
1 - 4 右足交叉左足前,重心回左足,右足右踏,停拍
5 - 8 左足交叉右足前,重心回右足,左足左踏,停拍

Sec. B4: FORWARD, RECOVER, SIDE, RECOVER, BEHIND, 1/4 TURN L, TOUCH, HOLD
1 - 4 Step RF forward, Recover onto LF, Step RF to R, Recover onto LF
5 - 8 Cross RF behind LF, 1/4 turn L step LF forward, Touch RF beside LF, Hold
1 - 4 右足前踏,重心回左足,右足右踏,重心回左足
5 - 8 右足交叉左足後,左轉 1/4 左足前踏,右足收點於左足旁,停拍

[PART C – 32 COUNTS.]
Sec. C1: SIDE, HOLD, TOGETHER, HOLD, SIDE, TOGETHER, SIDE, TOUCH
1 - 4 Step RF to R, Hold, Step LF together RF, Hold
5 - 8 Step RF to R, Step LF together RF, Step RF to R, Touch LF beside RF
1 - 4 右足右踏,停拍,左足併於右足旁,停拍
5 - 8 右足右踏,左足併於右足旁,右足右踏,左足收點於右足旁

Sec. C2: SIDE, HOLD, TOGETHER, HOLD, SIDE, TOGETHER, SIDE, TOUCH
1 - 4 Step LF to L, Hold, Step RF together LF, Hold
5 - 8 Step LF to L, Step RF together LF, Step LF to L, Touch RF beside LF
1 - 4 左足左踏,停拍,右足併於左足旁,停拍
5 - 8 左足左踏,右足併於左足旁,左足左踏, 右足收點於左足旁

Sec. C3: CHARLESTON, STEP
1 - 4 Touch RF forward, Hold, Step RF back, Hold
5 - 8 Touch LF back, Hold, Step LF forward, Hold
1 - 4 右足前點,停拍,右足後踏,停拍
5 - 8 左足後踏, 停拍, 右足後點, 停拍

Sec. C4: FORWARD SHUFFLE, FORWARD, PIVOT 1/2 TURN L
1 - 4 Step RF forward, Lock LF behind RF, Step RF forward, Hold
5 - 8 Step LF forward, Pivot 1/4 turn R step on RF, Step LF beside RF, Hold(09:00)
1 - 4 右足前踏,左足鎖步於右足後,右足前踏,停拍
5 - 8 左足前踏,右轉 1/4右足踏,左足併於右足旁,停拍(09:00)

Start again

Tag 1 : (2 COUNTS)
SIDE, BESIDE

1 - 2	Step RF to R, Step LF beside RF
1 - 2	右足右踏,左足併於右足旁

Tag 2 : (4 COUNTS)
SIDE, TOUCH(R&L)

1 - 4	Step RF to R, Touch LF beside RF, Step LF to L, Touch RF beside LF
1 - 4	右足右踏,左足收點於右足旁,左足左踏,右足收點於左足旁

Have Fun & Happy Dancing!

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