Every Breath You Take (為你而活) (zh)

拍數: 32 **牆數:** 2 **級數:** Improver

編舞者: Tina Chen Sue-Huei (TW), Nina Chen (TW) & Juilin Chen (TW) - 2019年05月

音樂: Every Breath You Take - Camishe & Max Oazo

Intro: 32 counts

Sec1: DOROTHY STEP, PRESS L - RECOVER, ROCK STEP, BACK ROCK - RECOVER

1-2&, 3-4	Step RF to R diagonal - Lock ball of LF behind RF - Step RF to R diagonal, Press LF fwd - Recover on RF slightly kicking LF fwd
5&6, 7-8	Rock LF back - Rock RF fwd - Rock LF back, Rock RF back - Recover on LF
1-2&, 3-4	右足右斜前大步踏 - 左足鎖點於右足後 - 右足稍微右斜前, 左足前下壓 – 重心回右足同時 左足稍微前踢
5&6, 7-8	左足後下沉 - 右足前下沉 - 左足後下沉, 右足後下沉 - 重心回左足

Sec2: BOMP HIPS, 1/4 R SWAY, 1/8 R BOMP HIPS, 1/8 R SWAY

1&2, 3-4	Step RF to R while bump L hips (R L R), 1/4 turn R (3:00) sway hips to L, R
5&6, 7-8	1/8 turn R (4:30) step LF to L while bump L hips (L R L), 1/8 turn R (6:00) sway hips to R, L
1&2, 3-4	右足右踏同時推臀 (右 左 右), 右轉 1/4 (3:00) 向左搖臀 - 向右搖臀
5&6, 7-8	右轉 1/8 (4:30) 左足左踏同時推臀 (左 右 左), 右轉 1/8 (6:00) 向右搖臀 - 向左搖臀

Sec3: KICK BALL CHANGE, TWIST, BACK ROCK - RECOVER, FWD SHUFFLE

1&2, 3&4	Kick RF fwd - Step RF beside RF - Step LF fwd, Twist both heels (L R L)
5-6, 7&8	Rock LF back - Recover on RF, Fwd shuffle (L R L)
1&2, 3&4	右足前踢 - 右足併踏左足旁 - 左足前踏, 扭動雙足跟 (左 右 左)
5-6, 7&8	左足後下沉 - 重心回右足, 前交換步 (左 右 左)

Sec4: JAZZ BOX 1/4 R, 1/8 L BACK - 1/8 L SIDE - FWD

1-4	Cross RF over LF - 1/4 turn R (9:00) step LF back - Step RF to R - Cross LF over RF
5-8	1/8 turn L (7:30) step RF back - 1/8 turn L (6:00) step LF to L - Step RF fwd to slightly R diagonal - Step LF fwd to slightly R diagonal
1-4	右足前跨 - 右轉 1/4 (9:00) 左足後踏 - 右足右踏 - 左足前跨
5-8	左轉 1/8 (7:30) 右足後踏 - 左轉 1/8 (6:00) 左足左踏 - 右足稍微右斜前踏 - 左足稍微右斜前踏

Tag (32 counts): After Wall 3 & Wall 7 (6:00)
加拍 (32拍): 跳完第三牆以及第七牆 (6:00)
T1: CROSS - SWEEP - CROSS - SWEEP, FWD ROCK - RECOVER- BACK - DRAG

1-4	Cross RF over LF - Sweep LF from back to front - Cross LF over RF - Sweep RF from back to front
5-8	Rock RF fwd - Recover on LF - Step RF back - Drag LF back
1-4	右足前跨 - 左足由後往前繞 - 左足前跨 - 右足由後往前繞
5-8	右足前下沉 - 重心回左足 - 右足後踏 - 左足往後拖

T2: COASTER - SWEEP, JAZZ BOX 1/4 R

1-4	Step LF back - Step RF beside LF - Step LF fwd - Sweep RF from back to front
5-8	Cross RF over LF - 1/4 turn R (9:00) step LF back - Step RF to R - Cross LF over RF
1-4	左足後踏 - 右足併踏左足旁 - 左足前踏 - 右足由後往前繞
5-8	右足前跨 - 右轉 1/4 (9:00) 左足後踏 - 右足右踏 - 左足前跨

T3: SIDE - DRAG - BACK ROCK - RECOVER.(x2)

1-4	Long step RF to R - Dragging LF to meet RF - Rock LF back - Recover on RF
5-8	Long step RF to R - Dragging LF to meet RF - Rock LF back - Recover on RF
1-4	右足旁大步 - 左足拖往右足方向 - 左足後下沉 - 重心回右足

5-8 左足旁大步 - 右足拖往左足方向 - 左足後下沉 - 重心回右足

T4: FWD - HOLD - 1/4 R FWD - HOLD, WALK (x4) 1/2 R

1-4 Step RF fwd - Hold – 1/4 turn R (12:00) step LF fwd - Hold
5-8 Walk on (R L R L) 1/2 turn R (6:00)
1-4 右足前踏 - 候 - 右轉1/4 (12:00) 左足前踏 - 候
5-8 前走步 (右 左 右 左) 向右轉 1/2 (6:00)

Have Fun & Happy Dancing !!!

Contacts :-
Tina Chen: Sh3385@gmail.com
Nina Chen : nina.teach.dance@gmail.com