Me n You One Heart (你我同心) (zh)

拍數: 72 **牆數:** 2 **級數:** Phrased Intermediate

編舞者: Dodo Wong (CAN) - 2021年03月

音樂: One Heart - Huang Zitao (黃子韜)

Intro: 16 counts - Sequence: A16, Tag, AAB, AB, AB

Part A: 32 counts

Section 1: Touch Out, Monterey 1/4R, Syncopated Vine R & L

1-2 3&4&	Touch right toe out, step right together left & make a 1/4R with sweep L out, cross left over right, step right to side, cross left behind right, step right to side (3:00)
5-6-7 8&1	Cross left over right, step right to side, cross left behind right & sweep right from front to back, cross right behind left, step left to side, step right forward
1-2-3&4&	右足足尖右側點,右轉1/4右足併於左足旁(03:00),, 左足交叉右足前, 右足右踏, 左足後交叉右足, 右足右踏
5-6-7 8&1	左足交叉右足前, 右足右踏, 左足後交叉右足前及掃右足, 右足後交叉左足, 左足左踏, 右足前踏

Section 2: Fwd, Extend Step Lock Steps, Pivot 1/2R, Run 3 Steps

2 3&4&5	Step left forward, step right forward, lock left behind right, step right forward, lock left behind right, step right forward
6-7 8&1	Step left forward, pivot 1/2R, run 3 steps L/R/L (9:00)

***Restart here on first A then do the Tag**

Tag (4 counts): Step left forward (1), bounces heels 1/4R (2-3-4) (Both hands make a heart shape & bomb 4 times in front of your chest) end weight on left for restart A

2 3&4&5	左足前踏, 右足前踏, 左足鎖步於右足後, 右足前踏, 左足鎖步於右足後, 右足前踏
6-7 8&1	左足前踏, 右轉 ½, 走3步 - 左/右/左 (9:00)

重新開始 : 第一個A, 然後做加拍

加拍 (4拍): 左足前踏(1), 腳跟彈跳3次及右轉1/4 (2,3,4) (雙手在胸前形成心形並抽4次)

Section 3: Pivot 1/4R, Left Jazz Box Cross, Coaster, Swivel heels 1/2L

2 3&4&	Pivot 1/4R, cross left over right, step right back, step left back, cross right over left (12:00)
5-6-7 8&1	Step left back, step right together, step left forward, Forward right, swivel left heel 1/4L, swivel right heel 1/4L (6:00)
2 3&4&	右足踏右轉1/4 (12:00), 左足交叉右足前, 右足踏後, 左足踏後, 右足交叉左足前
5-6-7 8&1	左足退踏,右足併踏左足旁, 左足前踏, 右足前踏, 左足腳腫左轉1/4, 右足腳腫左轉1/4 (6:00)

Section 4: Rock Back, Recover, Left Cross Samba, Fwd Rock, Recover, Back, Together

2-3 4&5	Rock left back, recover onto right, step left cross right, rock right to side, recover onto left
6-7 8&	Rock right forward, recover onto left, step right back, step left together
2-3 4&5	左足後踏, 重心回右足, 左足交叉右足前, 右足右踏, 重心回左足
6-7 8&	右足前踏, 重心回左足, 右足踏後, 左足併踏右足

Part B: 40 counts

Section 1: Touch Out, Side, Cross, Side, Cross, Unwind Full R, Left Rocking Chair Diagonal, Touch

1-2-3-4-5-6	Touch right toe out, step right to side, cross left over right, step right to side, cross left over right, unwind full R and weight on R (12:00)
7&8&1	Rock left diagonal left, recover onto right, rock left back diagonal, recover onto right, touch left beside right
1-2-3-4-5-6	右足足尖右側點, 右足右踏, 左足交叉右足前, 右足右踏, 左足交叉右足前, 自轉一右圈 (12:00)
7&8&1	左足踏前左角, 重心回右足, 左足踏後右角, 重心回右足, 左足點收於右足旁

Section 2: Side, Cross, Side, Cross, Unwind Full L, Right Rocking Chair Diagonal, Touch

2-3-4-5-6	Step left to side, cross right over left, step left to side, cross right over left, unwind full L and weight on L (12:00)
7&8&1	Rock right diagonal right, recover onto left, rock right back diagonal, recover onto left, touch right beside left
2-3-4-5-6	左足左踏, 右足交叉左足前, 左足左踏, 右足交叉左足前, 自轉一左圈 (12:00)
7&8&1	右足踏前右角, 重心回左足, 右足踏後左角, 重心回左足, 右足點收於左足旁

Section 3: Sway R/L/R, Big Side, Drag, V-Shape Out, Out, In, In

2-3-4-5-6	Square up 12:00 and sway R/L/R, big step left to side, drag right towards left
7&8&	Step right out, step left out, step right in, step left together
2-3-4-5-6	面向12:00, 摇摆右左右, 左足大步踏左, 拖右足回左足, 右足右踏, 左足左踏, 右足踏後, 左足併踏右足

Section 4: Hold, R/L Fwd Mambo, Step Lock Step, Mambo 1/2L

1 2&3 4&5	Hold (1), Press right forward, recover onto left, step right besides left, press left forward, recover onto right, step left besides right
6&7&8&	Step right forward, lock left behind right, step right forward, rock left forward, recover onto right, step left forward & make a 1/2L (6:00)
1 2&3 4&5	停一拍(1), 按右足踏前, 重心回左足, 右足併踏左足, 按左足踏前, 重心回右足, 左足併踏右足
6&7&8&	右足前踏, 左足鎖步於右足後, 右足前踏, 左足前踏, 重心回右足, 左轉1/2左足前踏

Section 5: Repeat Section 4 (back to 12:00)
重複第4節, 回到12:00

Have Fun & Enjoy !
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