

拍數: 40 牆數: 2 級數: Intermediate/Advanced
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音樂: Fallin' - Alicia Keys



The 'a' counts are pulses between the '&' count and the next beat, as in '1-&a2-&a3-&a4'

WALK, WALK, 2 SAMBA CROSSES WITH ½ TURN, AND BACK, PRESS, STRAIGHTEN, PRESS

- 1-2 Step right foot forward, step left foot forward (12:00)
- &3 Turn body ¼ turn left and step onto right foot, cross over right foot with left foot (9:00)
- &4 Step right foot to right side, cross over right foot with left foot (9:00)
- The previous two lines should be done in a curving "C" line of dance**
- &5 Turn body ¼ left, stepping right foot then left foot back shoulder width apart with even weight (6:00)
- 6 Turn upper body only ¼ turn left while leaning weight over left foot, bending left knee (press)
- 7-8 Straighten left knee and even weight, then repeat the press

FIGURE FOUR WITH FLICK, MAMBO CROSSES, SWEEP ½ TURN, CROSS AND KICK

- & Lifting right foot slightly and leading with right knee, drag right foot over and across left foot
- 1 Take weight on right foot, crossed over left foot
- 2 Move left foot out from behind right foot and kick up behind you slightly at a diagonal
- 3 Step left foot forward
- &a4 Step right foot to right side, recover weight to left foot in place, cross right foot over left foot
- &a5 Step left foot to left side, recover weight to right foot in place, cross left foot over right foot
- 6 Use momentum to turn body ½ turn left while sweeping right toe around in circle (12:00)
- &7 Cross right foot over left foot, step right foot back slightly and take weight
- 8 Kick right foot at diagonal (1:30)

¼ TURN, SIDE, BACK ROCK, SIDE, BACK ROCK, WALK, WALK, ¼ TURN, SYNCOPATED VINE WITH 360 TURN

- &a1 Turn ¼ left and step right foot in place, step left foot beside right foot, step right foot to right side (9:00)
- 2&3 Rock left foot behind right foot, replace weight on right foot, step left foot to left side
- 4&5 Rock right foot behind left foot, replace weight on left foot, step right foot forward
- 6 Step left foot forward
- &7 Step right foot forward and turn ¼ turn left, cross left foot over right foot (6:00)
- &a8 Step right foot to right side, turn ¼ turn left (3:00) and step left foot back, turn ¼ turn left (12:00) and step right foot behind left foot
- &a Turn ½ turn left (6:00) and step onto left foot, touch right foot beside left foot

LUNGE, ROLL UP, BACK TURN, DRAG, WALK, TOUCH

- 1 Step right foot to side while bending right knee and point left foot to left side
- 2 Roll body up and turn ¼ left (facing 3:00) and place weight on left foot
- 3& Step right foot forward and turn ¼ turn left (12:00), step left foot beside right foot
- 4 Turn ¼ turn left (9:00) and step right foot back
- 5 Take large step back onto left foot while dragging right foot back
- 6-7-8 Touch right foot beside left foot, step right foot forward, touch left foot beside right foot

WALK, TOUCH, SIDE ¼ TURN, HOLD, WALK, WALK, MAMBO CROSS, TOUCH, TOUCH, HESITATE

- 1-2 Step left foot forward, touch right foot beside left foot
- 3-4 Step right foot to right side, turn ¼ left and hold and weight right foot(6:00)

5-6	Step left foot forward, step right foot forward
7&a	Step left foot to left side, recover weight to right foot, cross left foot over right foot
8&a	Touch right foot to right side, touch right foot back, hesitate for a $\frac{1}{4}$ of a beat with a small, slight hitch of right foot and right knee

REPEAT
