Drunk In The Morning (醉在半夢半醒) (zh)

拍數: 32 **牆數:** 4 **級數:** Intermediate / Advanced - WCS
編舞者: Niels Poulsen (DK) - 2012年06月
音樂: Drunk In the Morning - Lukas Graham

Intro: 40 counts from first beat in music (app. 26 secs. into track)
40拍(26秒)後起跳

第一段□Fw coaster, out out, & cross shuffle hitch, knee move, cross, side rock cross, side L

&1–2	Step fw on R (&), step L next to R (1), step back on R (2) 12:00 右足前踏(&), 左足併踏(1), 右足後踏(2) (面向12點鐘)
&3&	Step L a small step to L (&), step R a small step to R (3), step L behind R (&) 12:00 左足略左踏(&), 右足略右踏(3), 左足於右足後踏(&) (面向12點鐘)
4&5	Cross R over L (4), step L to L side (&), cross R over L hitching L knee at the same time (5) 右足於左足前交叉踏(4), 左足左踏(&), 右足於左足前交叉踏左膝抬(5)

Styling for counts 5–6: try to rise on the ball of your R foot when doing your knee move 12:00
在跳第5拍及第6拍時, 試著在左膝抬時, 重心在右腳, 但右腳略踵抬

6&	Move your L knee slightly across R (6), step down on L and in front of R (&) 12:00 左膝抬略與右足前交叉(6), 左足於右足前交叉踏(&) (面向12點鐘)
7&8&	Rock R to R side (7), recover on L (&), cross R over L (8), step L to L side (&) 12:00 右足右下沉(7), 左足回復(&), 右足於左足前交叉踏(8), 左足左踏(&) (面向12點鐘)

第二段□¼ R walking R L, rock R, run back R L R with push, drag, & cross shuffle curvy ¼ R

1–2	Turn ¼ R walking fw on R and flicking L foot backwards (1), walk fw on L (2) 3:00 右轉90度右足前走左足後抬(1), 左足前走(2) (面向3點鐘)
3&	Rock fw on R (3), recover weight back on L (&) 3:00 右足前下沉(3), 左足回復(&) (面向3點鐘)
4&5	Run back on R (4), run back on L (&) push with L foot stepping R a big step back (5) 3:00 右足後跑(4), 左足後跑(&), 右足後一大步左足推(5) (面向3點鐘)
6&	Drag L next to R (6), step L slightly past R foot (&) 3:00 左足拖併(6), 左足併踏(&) (面向3點鐘)
7&8&	Cross R over L (7), turn 1/8 R stepping L to L side (&), Repeat counts 7& 6:00 右足於左足前交叉踏(7), 右轉45度左足左踏(&), 重覆7&(8&) (面向6點鐘)

第三段□Cross sweep, cross side rock, ball cross, ¼ L, ½ L, full triple L, step fw L

1–2	Cross R over L and starting to sweep L fw (1), continue sweeping L fw (2) 6:00 右足於左足前交叉踏左足繞向前(1), 左足繞(2) (面向6點鐘)
&3&	Cross L over R (&), rock R to R side (3), recover on L (&) 6:00 左足於右足前交叉踏(&), 右足右下沉(3), 左足回復(&) (面向6點鐘)
4&	Step R slightly behind L (4), cross L over R (&) 6:00 右足略於左足後踏(4), 左足於右足前交叉踏(&) (面向6點鐘)
5–6	Turn ¼ L stepping back on R (5), turn ½ L stepping fw on L (6) 9:00 左轉90度右足後踏(5), 左轉180度左足前踏(6) (面向9點鐘)
7&8&	Turn ½ L stepping back on R (7), turn ¼ L stepping L to L side (&), turn ¼ L stepping fw on R (8), step L a small step fw (&)9:00 左轉180度右足後踏(7), 左轉90度左足左踏(&), 左轉90度右足前踏(8), 左足略前踏(&) (面向9點鐘)

Styling: bend in knees when making your full turn
7&8 轉圈時, 雙膝略彎]

第四段□Side R, toe heel swivel with L slide, & R jazz box, fw L, R kick fw, out R L, back R L

1&2&3	Step R to R side with R toes turned diagonally L (1), swivel R toes to R side (&), swivel R heel to R side (2), swivel R toes to R side (&), swivel R heel to R side (3) 右足右踏右足趾轉向左斜角(1), 右足趾轉向右(&), 右足踵轉向右(2), 右足趾轉向右(&), 右足踵轉向右(3)

Note: at the same time as you swivel your toes/heel you also drag L foot towards R 9:00
注意:做這些轉趾踵的同時, 左足跟著拖併 (面向9點鐘)

&	Step L next to R (&) 9:00 左足併踏(&)
4&5&	Cross R over L (4), step back on L (&), step R to R side (5), step fw on L (&) 9:00 右足於左足前踏(4), 左足後踏(&), 右足右踏(5), 左足前踏(&) (9點鐘)
6&7	Kick R fw (6), step R a small step to R side (&), step L a small step to L side (7) 9:00 右足前踢(6), 右足略右踏(&), 左足略左踏(7) (面向9點鐘)
&8	Step R a small step back and to centre (&), step L next to R (8) 9:00 右足回踏(&), 左足併踏(8) (面向9點鐘)

(note: counts &7&8&1 combine into the shape of a diamond!...)
&7&8&1合在一起像個鑽石形狀)

Tag! There's a 2 count tag during walls 4 and 8, facing 3:00 each time. Do counts 1–6 of section 1. 0
Then, to hit the break ADD a syncopated jazz box on counts 7&8, then Restart: 3:00
第四面牆及第八面牆都面向3點鐘時, 重覆做第一段1-6拍, 7&8改跳三步爵士方塊舞步, 最後面向3點鐘, 從頭起跳

7&8	Cross L over R (7), step R a small step back (&), step L a small step to L side (8) 3:00 左足於右足前交叉踏(7), 右足略後踏(&), 左足略左踏(8) 面向3點鐘

Option! On wall 2 (starts facing 9:00) and wall 5 (starts facing 12:00) the beat changes in sections 1 and 3. The beats I want you to hit are '&3', '&5' and '&7'. Do the following:
選擇版:第二面牆(面向9點鐘), 第五面牆(面向12點鐘), 在第一段及第三段節奏會有些許變動, 可以選擇下面比較符合節奏&3 &5 &7的舞步

Section 1□(Fw coaster), out L R, drag, ball cross hitch, knee move, cross, R side rock

&3–4	Step L a small step to L side (&), step R a small step to R side (3), drag L next to R (4) 左足略左踏(&), 右足略右踏(3), 左足拖併(4)
&5–6	Step small step back L (&), cross R over L hitching L knee (5), move L knee slightly to R (6) 左足略後踏(&), 右足於左足前交叉踏左膝抬(5), 左膝移向右足(6)
&7–8	Cross L over R (&), rock R to R side (7), recover weight on L (8) 左足於右足前交叉踏(8), 右足右下沉(7), 左足回復(8)

第七段 Section 3□(Cross sweep), cross, R side rock, ball cross, ¼ L, ¼ L with R ball cross, ¼ L fw

&3–4	Cross L over R (&), rock R to R side (3), recover weight to L foot (4) 左足於右足前交叉踏(&), 右足右下沉(3), 左足回復(4)
&5–6	Step R slightly behind L (&), cross L over R (5), turn ¼ L stepping back on R (6) 右足於左足後踏(&), 左足於右足前交叉踏(5), 左轉90度右足後踏(6)
&7–8	Turn ¼ L stepping L to L side (&), cross R over L (7), turn ¼ L stepping L a small step fw (8) 左轉90度左足左踏(&), 右足於左足前交叉踏(7), 左轉90度左足略前踏(8)

Ending The dance finishes at 12:00 automatically. Do the first 5 counts and then you're done!12:00
最後會跳到第5拍, 面向12點鐘做結束