

My One Desire (唯一的渴望) (zh)

COPPER KNOB
STEPSHEDS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK) - 2009年01月

Music: You're the Reason - Dr. Victor & The Rasta Rebels : (CD: If You Wanna Be Happy)



前奏 : Start after 16 count intro on vocals

第一段 R Cross Rock Side, L Cross Rock $\frac{1}{4}$ L, $\frac{3}{4}$ L Turn & R Side, L Cross Rock Side 右交叉下沉踏, 左交叉下沉左轉 $\frac{1}{4}$, 左轉 $\frac{3}{4}$ 右踏, 左交叉下沉踏

1&2 Cross rock R over L, recover weight on L, step R side
交叉曼波 右足於左足前交叉下沉, 左足回復, 右足右踏

3&4 Cross rock L over R, recover weight on R, turning $\frac{1}{4}$ left step L forward 左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏
交叉曼波 轉

5&6 Step R forward, pivot $\frac{1}{2}$ left, turning $\frac{1}{4}$ left step R side (12 o'clock)
踏轉90 右足前踏, 左轉180度, 左轉90度右足右踏(面向12點鐘)

7&8 Cross rock L over R, recover weight on R, step L side
交叉曼波 左足於右足前交叉下沉, 右足回復, 左足左踏

第二段 Weave L 2, Syncopated Weave With Hitch Turning $\frac{1}{4}$ R, L Fwd Shuffle, R Chase Turn 左二步藤步, 變奏藤步抬右轉 $\frac{1}{4}$, 左前交換, 右轉追步

1-2 Cross step R over L, step L side
交叉 踏 右足於左足前交叉踏, 左足左踏

3& Cross step R behind L, step L side
交叉 踏 右足於左足後交叉踏, 左足左踏

4& Cross step R over L, hitch L up turning $\frac{1}{4}$ right
交叉抬轉 右足於左足前交叉踏, 左足抬右轉90度

5&6 Step L forward, step R together, step L forward (or lock step)
前交換 左足前踏, 右足併踏, 左足前踏

7&8 Step R forward, pivot $\frac{1}{2}$ left, step R forward (9 o'clock)
踏轉踏 右足前踏, 左轉180度, 右足前踏(面向9點鐘)

第三段 L & R Fwd Hip Bumps, L Fwd Mambo, R Back Mambo
左前推臀, 右前推臀, 左前曼波, 右後曼波

1&2 Stepping L forward bump hips L/R/L
前推臀 左足前踏推臀-左, 右, 左

3&4 Stepping R forward bump hips R/L/R
前推臀 右足前踏推臀-右, 左, 右

5&6 Rock L forward, recover weight on R, step L back
前曼波 左足前下沉, 右足回復, 左足後踏

7&8 Rock R back, recover weight on L, step R forward (9 o'clock)
後曼波 右足後下沉, 左足回復, 右足前踏(面向9點鐘)

第四段 L Side Rock & Recover Into R Meringue With Flick, R Cross Step, L Back, $\frac{1}{2}$ R Coaster Step, L Fwd On L Diagonal
左下沉回復 重覆併右踏最後帶抬, 右交叉, 左後, 右 $\frac{1}{2}$ 海岸, 左斜前

1& 下沉回復
Rock L side, recover weight on R 左足左下沉, 右足回復

2& 併 踏	Step L together, step R side	左足併踏, 右足右踏
3& 併 踏	Step L together, step R side	左足併踏, 右足右踏
4 併抬	Step L together & flick R back	左足併踏右足後抬
5-6 交叉踏	Cross step R over L, step L back	右足於左足前交叉踏, 左足後踏
7& 轉併	Sweeping R ½ right step R back, step L together	右足繞轉180度右足後踏, 左足併踏
8& 併踏	Step R together, step L slightly forward on L diagonal (3 o'clock)	右足併踏, 左足略向斜角線前踏(面向3點鐘)

TAGS: At the END of EVER 2nd wall (AFTER wall 2, 4, 6 & 8) ADD the following 16 count tag and then begin the dance again from the beginning. Also note the dance will finish with the tag.
 在偶數面牆(第二,四,六,八面牆)加下面16拍後再從頭起跳, 舞曲會結束在這16拍

第一段	Walk fwd R & L, R chase turn, walk fwd L & R, L chase turn 前走-右&左, 右轉追步, 前走-左&右, 左轉追步
1-2 走走	Step R forward, step L forward 右足前踏, 左足前踏
3&4 踏轉踏	Step R forward, pivot ½ left, step R forward 右足前踏, 左轉180度, 右足前踏
5-6 走走	Step L forward, step R forward 左足前踏, 右足前踏
7&8 踏轉踏	Step L forward, pivot ½ right, step L forward 左足前踏, 右轉180度, 左足前踏
第二段	R full paddle turn, L full paddle turn 右划槳轉圈, 左划槳轉圈
1&2&3&4& 右轉圈	Over the next 4 counts execute a full turn R 以划槳步右轉圈
5&6&7&8& 左轉圈	Over the next 4 counts execute a full turn L 以划槳步左轉圈
