Trouble Is (麻煩 ~) (zh)

Count: 48 **Wall:** 4 **Level:** Intermediate/Advanced
Choreographer: Scott Blevins (USA) - 2010年05月
Music: Trouble Is - Allison Iraheta : (CD: Just Like You)

第一段

1-2& 1) Large step side R; 2) Step on ball of L behind R; &) Small step R across L 右足右一大步, 左足於右足後踏, 右足於左足前交叉踏

3-4& 3) Large step side L opening slightly to right diagonal starting ½ turn right [1:00]; 4) Finish ½ turn right stepping forward R [6:00]; &) Small step forward L
左足左大步略面向右斜角(面向1點鐘)開始右轉180度, 右足前踏(面向6點鐘), 左足略前踏

5-7 5) Step forward on R; 6) Turn ½ left recovering weight on L [12:00]; 7) Step forward R
右足前踏, 左轉180度左足回復(面向12點鐘), 右足前踏

&8& &) Turn ½ right stepping back L [6:00]; 8) Turn ½ right stepping forward R [12:00]; &) Step forward L
右轉180度左足後踏(面向6點鐘), 右轉180度右足前踏(面向12點鐘), 左足前踏

第二段

1-2 1) Rock forward R; 2) Recover weight back on L
右足前下沉, 左足回復

3&4& These counts move you back towards 6:00: 3) Step back R; &) “Lock” step L back across R; 4) Step back R; &)“Lock” step L back across R
右足後踏, 左足後踏於右足前交叉, 右足後踏, 左足後踏於右足前交叉(向後面6點鐘方向移動)

5-7 These counts travel in a small clockwise circle: 5) Turn ½ right with small step forward R [6:00]; 6) Turn ¼ right stepping forward L [9:00]; 7) Turn 1/8 right stepping forward R [11:00 diagonal]
(順時針)右轉180度右足略前踏(面向6點鐘), 右轉90度左足前踏(面向9點鐘), 右轉45度右足前踏(面向11點斜角方向)

&8& &) Step forward L; 8) Turn ½ left stepping back R [5:00 diagonal]; &) Turn ½ left [11:00 diagonal] stepping forward L
左足前踏, 左轉180度右足後踏(面向5點斜角方向), 左轉180度左足前踏(面向11點斜角方向)

第三段

1-2 1) Rock forward R; 2) Recover weight back on L [12:00]
右足前下沉, 左足回復(面向12點鐘)

3&4& 3) Square up to 12:00 stepping side R; &) Step L across R; 4) Step side R; &) Step L behind R
(轉正面向12點鐘)右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足後踏

5-6 5) Step side R; 6) Leave both feet in place and take weight on L as you turn ½ right on ball of L to create a “spiral” effect [6:00] while your head continues looking towards 1:00 over left shoulder
右足右踏, 重心在左足螺旋右轉180度(面向6點鐘)(由左肩向斜角1點鐘方向看)

(i.e. your body makes a reverse spiral turn towards 6:00 while your head lingers towards 1:00)
也就是說, 身體以螺旋轉方式轉向6點鐘, 但是頭看向1點鐘

7&8& 7) Turn 1/8 right stepping forward R [7:00 diagonal]; &) Turn ½ right stepping back L [1:00diagonal]; 8) Turn 1/8 right stepping side R [3:00]; &) Step L across R
右轉45度右足前踏(面向7點鐘斜角方向), 右轉180度左足後踏(面向1點鐘斜角方向), 右轉45度右足右踏(面向3點鐘), 左足於右足前交叉踏

RESTART on rotation 5 第五面牆跳至此, 從頭起跳

第四段

1-2& 1) Large step side R; 2) Step on ball of L behind R; &) Small step R across L 右足右大步, 左足於右足後踏, 右足於左足前交叉踏

3-4& 3) Turn ¼ right stepping back L [6:00]; 4) Turn 3/8 right stepping forward R [11:00 diagonal]; &) Step forward L
右轉90度左足後踏(面向6點鐘), 右轉135度右足前踏(面向11點鐘斜角), 左足前踏

5&6& 5) Step forward R; &) Rock forward L; 6) Recover weight back on R; &) Step back L 右足前踏, 左足前下沉, 右足回復, 左足後踏

7&8 7) Turn 3/8 right stepping forward R [3:00]; &) Turn ½ right stepping back L [9:00]; 8) Turn ¼ right stepping side R [12:00]
右轉135度右足前踏(面向3點鐘), 右轉180度左足後踏(面向9點鐘), 右轉90度右足右踏(面向12點鐘)

第五段

&/1-2 This first step happens on the “1” count during the verse and on the “&” count, holding count “1” during the chorus: &/1) Rock step L across R; 2) Recover weight back on R
左足於右足前交叉下沉, 右足回復

3&4 ¼ Turning Sailor: 3) Turn ¼ left sweeping L counterclockwise from front to back and step behind R [9:00]; &) Small step side R; 4) Small step forward L
(90度轉水手)左轉90度左足逆時針由前繞至右足後踏, 右足右踏, 左足前踏

&5-6 &) Step forward R; 5) Turn ¼ right sweeping L clockwise from back to front [12:00]; 6) Step L across R
右足前踏, 右轉90度左足順時針由後繞至前, 左足於右足前交叉踏

Note: Bend deeper into R knee on counts &5 for broader sweep using your arms for counterbalance.
在&5時, 右膝彎曲, 繞時運用雙手保持平衡

7&8& 7) Turn ¼ right stepping forward R; &) Turn ½ right stepping back L; 8) Turn ¼ right stepping side R; &) Step L across R [12:00]
右轉90度右足前踏, 右轉180度左足後踏, 右轉90度右足右踏, 左足於右足前交叉踏(面向12點鐘)

*****RESTART on** rotation 2******* 第二面牆跳至此, 從頭起跳

第六段

1-2&3 1) Large step side R; 2) Turn ¼ left stepping back L [9:00]; &) Step R next to L; 3) Step forward L
右足右一大步, 左轉90度左足後踏(面向9點鐘), 右足併踏, 左足前踏

4&5 4) Turn ¼ right stepping R across L [12:00]; &) Small step back L; 5) Step back R opening slightly to right diagonal
右轉90度右足於左足前交叉踏(面向12點鐘), 左足略後踏, 右足略右後斜踏

&6 &) Cross L over R; 6) Unwind a bit more than a full turn right ending with weight on R [2:00]
左足於右足前交叉踏, 右繞轉圈最後重心在右足(面向2點鐘)

7&8 7) Rock step side L to square up to [3:00]; &) Recover weight on R; 8) Step L across R
左足左下沉(轉正面向3點鐘), 右足回復, 左足於右足前交叉踏
