Delusions (想太多) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Diana Dawson (UK) - 2010年02月
Music: After Your Love Is Gone - Modern Talking : (CD: Year of the Dragon & other albums)

前奏： Intro: approx. 23 secs. Start on the Instrumental bit, 4 counts after the speaker says "…what is right and what is wrong…"

第一段 Right Cross, Side, Sailor Step, Left Cross, Side, Sailor Step
交叉, 側, 水手步, 交叉, 側, 水手步

1-2 Cross step right over left, step left to left side
右足左足前交叉踏, 左足左踏

3&4 Step right behind left, step left to left side, step right to right side 右足於左足後踏, 左足左踏, 右足右踏

5-6 Cross step left over right, step right to right side
左足於右足前交叉踏, 右足右踏

7&8 Step left behind right, step right to right side, step left to left side
左足於右足後踏, 右足右踏, 左足左踏

第二段 Right Cross, 1/4 Turn Right, Coaster Step, Step, Pivot 1/2 Turn, Shuffle Fwd 交叉, 1/4, 海岸步, 踏 轉, 前交換

1-2 Cross step right over left, make 1/4 turn right stepping back on left [3:00] 右足於左足前交叉踏, 右轉90度左足後踏(面向3點鐘)

3&4 Step back on right, step left beside right, step forward on right
右足後踏, 左足併踏, 右足前踏

5-6 Step forward on left, pivot 1/2 turn right (weight onto right foot) [9:00] 左足前踏, 右軸轉180度(重心在右足)(面向9點鐘)

7&8 Left shuffle forward, stepping – Left, Right, Left
前交換-左, 右, 左

第三段 Right Side, Behind, 1/4 Turn Shuffle, Left Step, 1/4 Turn, Cross Shuffle 右 後, 1/4轉交換, 左, 1/4, 交叉交換

1-2 Step right to right side, step left behind right
右足右踏, 左足於右足後踏

3&4 Make 1/4 turn right stepping forward on right, step left beside right, step right forward [12:00]
右轉90度右足前踏, 左足併踏, 右足前踏(面向12點鐘)

5-6 Step forward on left, pivot 1/4 turn right (weight onto right foot) [3:00]
左足前踏, 右軸轉90度(重心在右足)(面向3點鐘)

7&8 Step left over right, step right to right side, step left over right
左足於右足前踏, 右足右踏, 左足於右足前踏

第四段 3/4 Turn Left (2 Counts), Right Shuffle, Rock, Coaster Step
2拍左轉3/4, 前交換, 下沉 回復, 海岸步

1-2 Make 1/4 turn left stepping back on right, make 1/2 turn left stepping forward on left [6:00]
左轉90度右足後踏, 左轉180度左足前踏(面向6點鐘)

3&4 Right shuffle forward stepping – Right, Left, Right
前交換-右, 左, 右

5-6 Rock forward onto left, recover back onto right
左足前下沉, 右足回復

7&8 Step back on left, step right beside left, step forward on left
左足後踏, 右足併踏, 左足前踏

第五段 Pivot 1/4 Turn, Pivot 1/4 Turn, Jazzbox Cross
踏 1/4, 踏 1/4, 爵士交叉

1-2 Step forward on right, pivot 1/4 turn left (weight onto left) [3:00]
右足前踏, 左軸轉90度(重心在左足)(面向3點鐘)

3-4 Step forward on right, pivot 1/4 turn left (weight onto left) [12:00]
右足前踏, 左軸轉90度(重心在左足)(面向12點鐘)

5-6 Cross step right over left, step back on left
右足於左足前交叉踏, 左足後踏

7-8 Step right to right side, cross step left over right
右足右踏, 左足於右足前交叉踏

第六段 Monterey 1/2 Turn Right X2蒙特瑞轉二次

1-2 Point right toes to right side, make 1/2 turn right on ball of left foot stepping right beside left [6:00]
右足趾右點, 重心在左足右轉180度右足併踏(面向6點鐘)

3-4 Point left to left side, step left beside right
左足左點, 左足併踏

5-7 Point right toes to right side, make 1/2 turn right on ball of left foot stepping right beside left [12:00]
右足趾右點, 重心在左足右轉180度右足併踏(面向12點鐘)

7-8 Point left to left side, step left beside right
左足左點, 左足併踏

第七段 Right Chasse, Back, Rock, Left Chasse, Back Rock
右追步, 後下沉 回復, 左追步, 後下沉 回復

1&2 Step right to right side, close left beside right, step right to right side 右足右踏, 左足併踏, 右足右踏

3-4 Step back on left, slightly behind right, recover forward onto right
左足略於右足後踏, 右足回復

5&6 Step left to left side, close right beside left, step left to left side 左足左踏, 右足併踏, 左足左踏

7-8 Step back on right, slightly behind left, recover forward onto left
右足略於左足後踏, 左足回復

第八段 Fig 8 Weave八字藤步

1-2 Step right to right side, step left behind right
右足右踏, 左足於右足後踏

3-4 Make 1/4 turn right stepping forward on right, step forward on left [3:00] 右轉90度右足前踏, 左足前踏

5-6 Pivot 1/2 turn right, make 1/4 turn right stepping left to left side [12:00] 右轉180度, 右轉90度左足左踏

7-8 Step right behind left, make 1/4 turn left stepping forward on left [9:00] 右足於左足後踏, 左轉90度左足前踏
