Running In The Wrong Direction (愛,挽回太難) (zh)

Count: 48 **Wall:** 2 **Level:** Intermediate
Choreographer: Craig Bennett (UK) & Willie Brown (SCO) - 2010年03月
Music: Gravity - Pixie Lott

前奏： 8 count intro. 8拍後起跳

第一段 **Right Basic, Step Fwd Left, Right ½ Turn Left, Fwd Right, ¾ Turn Right Stepping Left, Right, Rock Recover**
基本步, 踏, 踏 轉 踏, 1/2 1/4, 交叉下沉 回復

1-2&3 Step right to right side, rock back onto left, recover onto right, step forward onto left 右足右踏, 左足後下沉, 右足回復, 左足前踏

4&5 Step forward onto right, make a ½ turn left, step forward right [6]
右足前踏, 左轉180度, 右足前踏(面向6點鐘)

6-7 Make ½ turn right stepping back onto left, make ¼ turn right stepping right to right side [3]
右轉180度左足後踏, 右轉90度右足右踏(面向3點鐘)

8& Rock left over right, recover onto right
左足於右足前交叉下沉, 右足回復

第二段 **Step Left, Right Cross Rock, Recover, 1/4 Turn Right, Forward Left, ½ Turn Right, Forward Left, Right, Full Turn Back Over Left, Left Coaster Cross**
左踏, 交叉下沉 回復, 1/4, 踏 轉 踏, 踏 轉 轉, 海岸交叉

1-2&3 Step left to left, rock right over left, recover onto left, ¼ turn right stepping forward onto right [6]
左足左踏, 右足於左足前交叉下沉, 左足回復, 右轉90度右足前踏(面向6點鐘)

4&5 Step forward onto left, make ½ turn right, step forward onto left [12]
左足前踏, 右轉180度, 左足前踏(面向12點鐘)

6&7 Step forward onto right, make ½ turn left, make another ½ turn left stepping back onto right (step full turn step) [12]
右足前踏, 左轉180度, 左轉180度右足後踏(湊成轉一圈)(面向12點鐘)

8&1 Step back on left, step right beside left, cross left over right
左足後踏, 右足併踏, 左足於右足前交叉踏

第三段 **Right Cross Rock Recover, Right Cross ¼ Turn Right, ¼ Turn Right, Left Cross Rock Recover, Left Sweep And Sailor, Right Behind Side Cross Rock, Recover And Right Sweep**
曼波交叉, 1/4 1/4 交叉 回復繞, 水手, 後 旁 前交叉下沉 回復

2&3 Rock right to right side, recover on left, cross right over left
右足右下沉, 左足回復, 右足於左足前交叉踏

&4& ¼ Turn right stepping back on left, ¼ turn right stepping right to right side, rock left over right [6]
右轉90度左足後踏, 右轉90度右足右踏, 左足於右足前交叉下沉(面向6點鐘)

5 Recover back on right sweeping left out and back
右足回復左足繞至後

6&7& Cross left behind right, step right to right side, step left to left side, cross right behind left
左足於右足後交叉踏, 右足右踏, 左足左踏, 右足於左足後交叉踏

8&1 Step left to left side, rock right over left, recover back on left sweeping right out and back
左足左踏, 右足於左足前交叉下沉, 左足回復右足繞至後

第四段 **Right Back Rock, Left Back Rock, Right Back Rock, Step ¾ Pivot Left, Right Side Point, Touch, Step**
水手步, 後水手, 後下沉 回復 踏 轉3/4, 側點 併點 踏

2&3 Rock back on right, recover on left, step right to right
右足後下沉, 左足回復, 右足右踏

4&5 Rock back on left, recover on right, step left to left
左足後下沉, 右足回復, 左足左踏

6&7& Rock back on right, recover on left, step forward onto right, pivot 3/4 turn left [9]
右足後下沉, 左足回復, 右足前踏, 左軸轉270度(面向9點鐘)

8&1 Point right to right side, touch right beside left, step right to right side 右足右點, 右足併點, 右足右踏

第五段 Left Sailor, ¼ Turn Left, Touch Step, Left Rock Recover, Left Coaster
1/4轉水手, 點 踏, 下沉 回復, 海岸步

2&3 Cross left behind right, make ¼ turn left stepping right in place, step forward left [6]
左足於右足後交叉踏, 左轉90度右足踏, 左足前踏(面向6點鐘)

&4 Touch right toe beside left then step forward onto right
右足趾併點, 右足前踏

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

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

***RESTART HERE** WALLS 2 **&** 5 第二面牆, 第五面牆跳至此從頭起跳

第六段 Right Rock Recover, ½ Turn Right, Step Right Left, ½ Pivot Left, Step Touch, Step, Left Rock Recover Back, Right Back Rock Recover.
曼波轉, 踏 轉 踏, 併點 踏, 前曼波, 後下沉 回復

1&2 Rock forward right, recover back left, ½ turn right and step forward onto right [12]
右足前下沉, 左足回復, 右轉180度右足前踏(面向12點鐘)

3&4 Step forward left, ½ pivot right, step forward onto left [6]
左足前踏, 右軸轉180度, 左足前踏(面向6點鐘)

&5 Touch right toe beside left then step forward onto right
右足趾併點, 右足前踏

6&7 Rock forward left, recover on right, step back on left
左足前下沉, 右足回復, 左足後踏

8& Rock back on right, recover on left
右足後下沉, 左足回復