Haunted (走不出自己) (zh)

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Paul McAdam (UK)
Music: Haunted - Ben Montague

前奏： 16 Counts from start of track on lyric “All”

第一段 Side Basic, Diagonal, Cross Full Turn, Side, Coaster Step, Step ½ Pivot
基本步, 斜前, 交叉 轉圈, 左踏, 海岸步, 踏 轉

1,2& Step Left Foot To Left Side, Close Right Foot Behind Left, Step Left Foot Across Right Foot
左足左踏, 右足於左足後踏, 左足於右足前交叉踏

3,4& Step Right Foot Forward To Right Diagonal, Cross Left Foot Over Right Foot, Unwind A Full Turn Right, Taking Weight On Right Foot
右足右斜前踏, 左足於右足前交叉踏, 右轉圈重心在右足

5,6&7 Step Left Foot To Left Side, Step Right Foot Back, Step Left Foot Next To Right Foot, Step Right Foot Forward
左足左踏, 右足後踏, 左足併踏, 右足前踏

8& Step Forward On Left Foot, Pivot ½ Turn Right Taking Weight On Right Foot 左足前踏, 右轉180度重心在右足

Restart:
On The 3rd Wall After Counts 6&7 (Coaster Step) Touch Left Toe Next To Right, Then Start The Dance Again.
第三面牆跳至6&7拍(海岸步), 左足併點, 從頭起跳

第二段 Step, Spiral Full Turn, Gradual ¼ Turn Run R,L,R, Back, L,R,L, Roll Full Turn, Side, Cross
踏, 轉圈, 慢轉1/4-右, 左, 右, 後-左, 右, 左, 轉圈, 側, 交叉

a 1 Step Forward On Left Foot, Pivot A Full Spiral Turn Right, (Weight Stays On Left Foot Throughout)
左足前踏, 右轉圈(重心在左足)

2&3 Gradually Making A ¼ Turn Right Walk Forward Right, Left, Right
三走步右轉90度-右, 左, 右

4&5 Walk Back Left, Right, Left 後走步-左, 右, 左

6&7 Make A ¼ Turn Right Step Forward On Right, Make A ½ Turn Right And Step Back On Left, Make A ¼ Turn Right And Step Right Foot To Right Side
右轉90度右足前踏, 右轉180度左足後踏, 右轉90度右足右踏

8& Step Left Foot To Left Side, Cross Right Foot Over Left
左足左踏, 右足於左足前交叉踏

第三段 Side Basic X2 With ¼ Turn, Side Rock Cross Weave, Sweep, Behind ¼ Turn
基本步帶轉1/4, 基本步, 側下沉 回復 交叉 右踏, 繞, 後 1/4

1,2& Step Left Foot To Left Side, Close Right Foot Behind Left, Make A ¼ Turn Left And Step Left Foot Forward
左足左踏, 右足於左足後踏, 左轉90度左足前踏

3,4& Step Right Foot To Right Side, Close Left Foot Behind Right, Cross Right Foot Over Left
右足右踏, 左足於右足後交叉踏, 右足於左足前交叉踏

5&6& Rock Left Foot To Left Side, Recover Weight Onto Right, Cross Left Foot Over Right, Step Right Foot To Right Side
左足左下沉, 右足回復, 左足於右足前交叉踏, 右足右踏

7,8&1 Cross Left Foot Behind Right And Sweep Right Foot Back, Cross Right Foot Behind Left, Make A ¼ Turn Left And Step Forward On Left, Step Forward On Right
左足於右足後交叉踏右足繞至後, 右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏

第四段 2 Slow Walks Forward, Back Lock ½ Sweep, 1& ¼ Turn Right, Sweep, Cross ½ Turn 走 走, 後鎖步帶繞轉, 踏 轉 轉 90繞, 交叉, 1/2

2,3 Slow Walk Forward Left, Right 左足前走, 右足前走

4&5	Step Back On Left Foot, Lock Right Foot Over Left Foot, Step Back On Left Foot And Pivot A ½ Turn Right Whilst Sweeping Right Foot Back 左足後踏, 右足於左足前鎖踏, 左足後踏右足繞右轉180度
6&7&	Step Forward On Right Foot, Make A ½ Turn Right And Step Back On Left Foot, Make A ½ Turn Right And Step Forward On Right Foot, Sweep Left Foot Round Into ¼ Turn Right (12.00) 右足前踏, 右轉180度左足後踏, 右轉180度右足前踏, 左足繞右轉90度(面向12點鐘)
8&1	Cross Left Foot Over Right Foot, Make A ¼ Turn Left And Step Back On Right Foot, Make A ¼ Turn Left And Step Left Foot To Left Side To Start Dance Again. 左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度左足左踏