Wonderful (自我陶醉) (zh)

Count: 32 **Wall:** 2 **Level:** Improver
Choreographer: Paul McAdam (UK) - 2008年04月
Music: Wonderful - Annie Lennox

前奏： Start 16 counts into track on vocals

第一段 Nightclub Basic Left, Step Full Turn Step Back, Back Lock Step, Rock Back On Left 側踏下沉回復, 踏轉圈踏, 後鎖步, 左後下沉

1-2& Step Left Foot To Left Side, Step Right Foot Behind Left Foot, Cross Left Foot Slightly Over Right Foot
左足左踏, 右足於左足後踏, 左足略於右足前交叉踏

3-4& Step Forward On Right Foot, Step Forward On Left Foot, Pivot A ½ Turn Right 右足右踏, 左足前踏, 右轉180度

5-6& Make A ½ Turn Right And Step Back On Left Foot, Step Back On The Right Foot, Lock Left Foot In Front Of Right Foot
右轉180度左足後踏, 右足後踏, 左足於右足前鎖踏

7-8& Step Back On Right Foot, Rock Back On Left Foot, Recover Weight Onto Right Foot 右足後踏, 左足後下沉, 右足回復

第二段 1/2 Turn, Side, Cross, Side X2, Coaster Step, Step Forward
轉1/2, 側, 交叉, 側二次, 海岸步, 前踏

1-2& Make A ½ Turn Right And Step Back On Left Foot, Step Right Foot To Right Side, Cross Left Foot Over Right
右轉180度左足後踏, 右足右踏, 左足於右足前交叉踏

3-4& Step Right Foot To Right Side, Step Left Foot To Left Side, Cross Right Foot Over Left Foot 右足右踏, 左足左踏, 右足於左足前交叉踏

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

7-8 Step Forward On Right Foot, Step Forward On Left Foot
右足前踏, 左足前踏

第三段 1/4 Turn, Nightclub Basics Right & Left, Step, Step-Pivotstep, Full Turn Triple Step 轉1/4, 右-左基本側踏下沉回復, 踏, 踏轉踏, 小三步轉圈

1-2& Make A ¼ Turn Left And Step Right Foot To Right Side, Step Left Foot Behind Right Foot, Cross Right Foot Slightly Over Left Foot
左轉90度右足右踏, 左足於右足後踏, 右足於左足略前踏

3-4& Step Left Foot To Left Side, Step Right Foot Behind Left, Cross Left Foot Slightly Over Right Foot
左足左踏, 右足於左足後踏, 左足於右足略前交叉踏

5-6& Step Forward On Right Foot, Step Forward On Left Foot, Pivot A ½ Turn Right 右足前踏, 左足前踏, 右轉180度

7-8&1 Step Forward On Left Foot, Make A ½ Turn Left And Step Back On Right Foot, Make A ½ Turn Left And Step Forward On Left Foot, Step Forward On Right Foot
左足前踏, 左轉180度右足後踏, 左轉180度左足前踏, 右足前踏

第四段 Cross Side Behind Sweep, Behind Side Cross Sweep, Rock Forward, Recover, 1 & ¼ Turns Left
交叉 側 後 繞, 後 側 交叉 繞, 前下沉, 回復, 左轉1又1/4

2&3& Cross Left Foot Over Right Foot, Step Right Foot To Right Side, Cross Left Foot Behind Right, Sweep Right Foot Back
左足於右足前交叉踏,右足右踏,左足於右足後交叉踏,右足繞至後

4&5&	Cross Right Foot Behind Left Foot, Step Left Foot To Left Side, Cross Right Foot Over Left Foot, Sweep Left Foot Forward 右足於左足後交叉踏,左足左踏,右足於左足前交叉踏,左足繞至前
6-7	Rock Forward On Left Foot, Rock Back On Right Foot 左足前下沉, 右足後下沉
8&1	Make A ½ Turn Left And Step Forward On Left Foot, Make A ½ Turn Left And Step Back On Right Foot, Make A ¼ Turn Left And Step Left Foot To Left Side To Start The Dance Again 左轉180度左足前踏, 左轉180度右足後踏, 左轉90度左足左踏
