Whole Lotta History (完整的故事) (zh)

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK)
Music: Whole Lotta History - Girls Aloud : (CD: Chemistry)

前奏： 32 count intro (vocals only) - starts on music
DanceFuntasia 2006 – Taipei 2006年台北排舞盛會教跳舞曲

第一段 **Dorothy-Step, Quarter Turn+Step Back, Back, Together, Quarter Turn+Dorothy-Step, Quarter Turn+Step Back, Back, Together (Creating A Diamond Pattern)**
桃樂蒂步, 轉1/4後踏, 後, 併, 轉1/4桃樂蒂步, 轉1/4後踏, 後, 併(呈菱形狀)

1-2& Step L (To L Diagonal), Lock R Behind L, Step L (To L Diagonal)
左足左斜角線前踏, 右足於左足後鎖步, 左足左斜角線前踏

3-4& Quarter Turn L Step Back On R, Step Back On L, Step R Beside L
左轉90度右足後踏, 左足後踏, 右足併踏

5-6& Quarter Turn L Step L (To Diagonal), Lock R Behind L, Step L (To Diagonal)
左轉90度左足左斜角線前踏, 右足於左足後鎖步, 左足左斜角線前踏

7-8& Quarter Turn L Step Back On R, Step Back On L, Step R Beside L.
左轉45度右足後踏, 左足後踏, 右足併踏

(These Steps Are All Danced Along A Diagonal, Creating A Diamond Pattern – Start And Finish Facing 12 O'Clock)
這些斜角線舞步會產生菱形圖樣, 開始及結束都面向12點鐘

第二段 **Sway, Recover, L Sailor, R Sailor Quarter Turn R, Roll Three-Quarter Turn R. 擺臀, 回復, 左水手, 右水手右轉1/4, 右轉3/4**

1-2 (Facing 12 O'clock) Sway Side L, Recover.
(面向12點鐘)左擺臀, 右回復

3&4 L Sailor. 左水手步

5&6 R Sailor With Quarter Turn R (3 O'clock). 右轉90度水手步(3點鐘)

7-8 Half Turn R (9 O'clock) Step Back L, Quarter Turn R (12 O'clock) Step R To Side 右轉180度(9點鐘)左足後踏, 右轉90度(12點鐘)右足右踏

第三段 **Diagonal-Rock, Recover, Back, Together (Straighten Up), Quarter Turn L+Step Fwd, Pivot Three-Quarter Turn L, Side, Behind, Step Fwd.**
斜角線下沉, 回復, 後, 併, 左轉1/4前踏, 左轉3/4, 側, 後, 前踏

1-2& Rock Fwd L (To R Diagonal), Recover, Step Back L (Still Facing R Diagonal) 左足右斜角線前下沉, 右足回復, 左足後踏(面向右斜角線)

3-4 Step R Beside L (Straighten Up To 12 O'clock), Quarter Turn L (3 O'clock) Step L Fwd 右足併踏(回12點鐘正方向), 左轉90度(3點鐘)左足前踏

5-6 Step R Fwd, Pivot Three Quarter Turn L (12 O'clock)
右足前踏, 左轉270度(12點鐘)

7-8& Step R To Side, Cross L Behind R, Step R Fwd
右足右踏, 左足於右足後交叉踏, 右足前踏

第四段 **Pivot Half Turn R, Rock, Recover, Together, Sway, Recover, R Sailor**
右轉1/2, 下沉, 回復, 併, 擺臀, 回復, 右水手

1-2 Step L Fwd, Pivot Half Turn R (6 O'clock)
左足前踏, 右轉180度(6點鐘)

3-4& Rock L Fwd, Recover, Step L Beside R
左足前下沉, 右足回復, 左足併踏

5-6 Sway R To Side, Recover 右擺臀, 左足回復

7&8 R Sailor 右水手步