Waiting So Long (等好久) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - 2010年05月
Music: Been Waiting - Jessica Mauboy

前奏： Starts on Vocal (32 Counts) 32拍後唱歌起跳

第一段 **Back, 1/4 Rock & Cross, 1/4, 1/2, Rock & Step, Back.**
後, 1/4下沉 回復 交叉, 1/4 1/2, 下沉 回復 踏, 後

1 Step back on Left. 左足後踏

2&3 Make 1/4 turn to Right rocking Right to Right side, recover on Left, cross step Right over Left.
右轉90度右足右下沉, 左足回復, 右足於左足前交叉踏

4-5 1/4 turn to Right stepping back on Left, 1/2 turn Right stepping forward on Right. 右轉90度左足後踏, 右轉180度右足前踏

6&7 Rock forward on Left, recover on Right, step back on Left.
左足前下沉, 右足回復, 左足後踏

8 Step back on Right. 右足後踏

第二段 **1/4, Rock & Side, Cross, Side, Sailor 1/2, Step.**
1/4, 下沉 回復 側, 交叉, 側, 轉水手, 踏

1 Make 1/4 turn to Left stepping Left to Left side.
左轉90度左足左踏

2&3 Cross rock Right over Left, recover on Left, step Right to Right side.
右足於左足前交叉下沉, 左足回復, 右足右踏

4-5 Cross step Left over Right, step Right to Right side.
左足於右足前交叉踏, 右足右踏

6&7 Make 1/4 turn Left crossing Left behind Right, 1/4 turn Left stepping Right next to Left, step forward on Left.
左轉90度左足於右足後交叉踏, 左轉90度右足併踏, 左足前踏

8 Step forward on Right. 右足前踏

第三段 **1/2, Lock Step Back, Coaster Step, Step, 1/2, 1/4.**
1/2, 後鎖步, 海岸步, 踏, 1/2 1/4

1 Make 1/2 turn to Right stepping back on Left.
右轉180度左足後踏

2&3 Step back on Right, lock Left over Right, step back on Right.
右足後踏, 左足於右足後鎖踏, 右足後踏

4&5 Step back on Left, step Right next to Left, step forward on Left.
左足後踏, 右足併踏, 左足前踏

6-8 Step forward on Right, make 1/2 turn to Right stepping back on Left, 1/4 turn to Right stepping Right to Right side.
右足前踏, 右轉180度左足後踏, 右轉90度右足右踏

第四段 **Cross, Back, Back, Cross, Back, Together, Rock Step.**
交叉, 後, 後, 交叉, 後, 併, 下沉 回復

1-4 Cross step Left over Right, step back on Right, step back on Left, cross step Right over Left.
左足於右足前交叉踏, 右足後踏, 左足後踏, 右足於左足前交叉踏

5-8 Step back on Left, step Right next to Left, rock forward on Left, recover on Right. 左足後踏, 右足併踏, 左足前下沉, 右足回復

****R** RESTART**: Wall 2 & Wall 6. Dance up to & including Count 32.. Then Restart dance from beginning.. Count 1 第二面牆及第六面牆跳至此, 從頭起跳

第五段　Back, Back. 3/8, Step, Rock Step, Back, Back, 1/4, Step.
後, 後, 3/8, 踏, 下沉 回復, 後 後, 1/4 踏

1　Step back on Left. 左足後踏

2&3　Step back on Right, make 3/8 turn to Left stepping forward Left, step forward on Right. (1:30)
右足後踏, 左轉135度左足前踏, 右足前踏(面向1:30)

4-5　Rock forward on Left, recover on Right. 左足前下沉, 右足回復

6&7　Step back on Left, step back on Right, make 1/4 turn to Left stepping forward Left. (10:30)
左足後踏, 右足後踏, 左轉90度左足前踏(面向10:30)

8　Step forward on Right. 右足前踏

第六段　Step, 1/2 Side Shuffle, Walk, Walk, 3/8, 1/2, Sweep 1/4.
踏, 轉交換, 走, 走, 3/8, 1/2, 繞 1/4

1　Step forward on Left. 左足前踏

2&3　Make 1/2 turn to Right stepping Right to Right side, step Left next to Right, step Right to Right side. (4:30)
右轉180度右足右踏, 左足併踏, 右足右踏(面向4:30)

4-5　Step Left forward & slightly across Right, step Right forward & slightly across Left. 左足於右足前交叉踏, 右足於左足前交叉踏

6-7　Make 3/8 to Right stepping back on Left, 1/2 turn to Right stepping forward on Right. (3:00)
右轉135度左足後踏, 右轉180度右足前踏(面向3點鐘)

8　Make 1/4 turn to Right sweeping Left out to Left. (6:00)
右轉90度左足繞至前(面向6點鐘)

****R2** RESTART 2**: Wall 3. Dance up to & including Count 47.. Then on Count 48 finish the sweep touching Left next to Right..Then Restart dance from beginning.. Count 1.
第三面牆跳至此, 將第8拍換成左足繞併點後, 從頭起跳

第七段　Cross, Coaster Cross, 1/4 Shuffle, 1/2, Rock Step.
交叉, 海岸交叉, 1/4轉交換, 1/2, 下沉 回復

1　Cross step Left over Right. 左足於右足前交叉踏

2&3　Step back on Right, step Left next to Right cross step Right over Left.
右足後踏, 左足併踏, 右足於左足前交叉踏

4&5　Make 1/4 turn to Right stepping back on Left, step Right next to Left, step back on Left. 右轉90度左足後踏, 右足併踏, 左足後踏

6-8　Make 1/2 turn to Right stepping forward on Right, rock forward on Left, recover on Right. 右轉180度右足前踏, 左足前下沉, 右足回復

第八段　Back, Behind 1/4 Step, Rock Step, 1/2 Shuffle, Step.
後, 後 1/4 踏, 下沉 回復, 轉交換, 踏

1　Step back on Left. 左足後踏

2&3　Sweep Right out & cross step behind Left, make 1/4 turn Left stepping forward Left, step forward on Right.
右足繞至左足後交叉踏, 左轉90度左足前踏, 右足前踏

4-5　Rock forward on Left, recover on Right. 左足前下沉, 右足回復

6&7　Make 1/4 turn to Left stepping Left to Left side, step Right next to Left, 1/4 Left stepping forward Left.
左轉90度左足左踏, 右足併踏, 左轉90度左足前踏

8　Step slightly back on Right. 右足略後踏