Ave Maria (聖母頌) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Shaz Walton (UK) - 2009年08月
Music: Ave Maria - Beyoncé

前奏： Intro: Start on Vocals, 16 Counts

第一段 Walk. Walk. Together. Rock. Recover. Back. Back. ¼ Cross. ¼ Back. ¼ Rock Recover.走 走 併 下沉 回復 後 後 1/4交叉 1/4後 1/4下沉回復

1-2& Walk forward right. Walk forward left. Step right beside left.
右足前走, 左足前走, 右足併踏

3-4 Rock forward left. Recover on right. 左足前下沉, 右足回復

5&6 Step back left. Step back right. Cross left over right making ¼ left. 左足後踏, 右足後踏, 左足於右足前交叉踏左轉90度

&7-8 Make ¼ left stepping back right. Make ¼ left rocking left to left side. Recover on right. 左轉90度右足後踏, 左轉90度左足左踏, 右足回復

第二段 Step. X2 Slow Full Turns Right (Slow Pirouette). Sway. Recover. Step. ¼ Lunge. Drag 踏, 二次慢右轉圈(慢的芭蕾轉圈), 擺臀, 回復, 踏, 1/4曲膝, 拖併

&1-2 Step left beside right. Step right ¼ right. On ball of right make ¾ right stepping left beside right.
左足併踏, 右轉90度右足踏, 右轉270度左足併踏
(Bring left leg into figure 4 if possible)
左腿弓起以數字4的形狀轉圈

3-4 Step right ¼ right. On ball of right make ¾ right stepping left beside right. 右轉90度右足踏, 右轉270度左足併踏
(Bring left leg into figure 4 if possible)
左腿弓起以數字4的形狀轉圈

5-6 step right to right & sway to right. Recover on left.
右足右踏右推臀, 左足回復

&7-8 Step right beside left. Make ¼ left as you lunge onto left. Drag right up in line with left to resume standing position (weight remains on left) 右足併踏, 左轉90度左曲膝踏, 右足拖併(重心仍在左足)

第三段 Step/Kick. Run. Run. Step/Kick. Run. Run. Rock. Recover. Syncopated Full Turn Right. 踏踢, 跑, 跑, 踏踢, 跑, 跑, 下沉回復, 右轉圈

1-2& Step right down as you low kick left. Take a small step forward left. Step right beside left. 右足踏左足略踢, 左足略前踏, 右足併踏

3-4& Step down on left as you low kick right. Take a small step forward right. Step left beside right.左足踏右足略踢, 右足略前踏, 左足併踏

(these steps are smooth & elegant- try turning your upper body towards the raised leg- keep supporting leg bent)
這些舞步要試著重心腳要略彎曲, 很順暢的很優雅地轉動身體面向舉起腿的方向

5-6 Rock forward right. Recover on left. 右足前下沉, 左足回復

&7&8 Make a full turn right stepping R-L-R ending with left stepped to left side on count 8 右轉圈-右, 左, 右, 左足左踏

第四段 Step/Sweep. Behind. Side. ¼. Behind. Side. Cross/Sweep. Cross. Side. Behind. ¼. ¾ 踏/繞, 後, 側, 1/4, 後, 側, 交叉/繞, 交叉, 側, 後, 1/4, 3/4

1-2& Step right slightly behind left and sweep left from front to back. Step left behind right. Step right to right.
右足於左足略後踏左足由前繞至後, 左足於右足後踏, 右足右踏

3-4& Make ¼ right stepping left to left side. Cross step right behind left. Step left to left. 右轉90度左足左踏, 右足於左足後交叉踏, 左足左踏

5-6& Cross right over left as you sweep left from back to front. Cross step left over right. Step right to right.
右足於左足前交叉踏左足由後繞至前, 左足於右足前交叉踏, 右足右踏

7-8& Cross step left behind right. Make ¼ right stepping right forward. On ball of right make ¾ turn right – weight must end on left.
左足於右足後交叉踏, 右轉90度右足前踏, 右轉270度結束重心在左足

the above section is to be used for the 2 tags following 2nd & 4th walls
在第二面牆(面向後面牆)及第四面牆(面向前面牆)結束時, 重覆跳一次第三段後從頭起跳
