Much Obliged (感謝有你) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: M.T. Groove (UK) - 2007年03月
Music: Be Without You - Mary J. Blige

前奏： Start on Vocals 唱歌起跳

第一段 **Cross Unwind, Step ½ Turn Touch, Walk Walk, Sway Sway Drag.**
交叉 繞, 踏 轉 點, 走 走, 擺臀 擺臀 大步拖

1-2 Cross L over R, Unwind a ½ turn R. (Weight on L).
左足於右足前交叉踏, 右繞轉180度(重心在左足)

3&4 Step forward R, Make ½ turn R stepping back on L, Touch R toe forward
右足前踏, 右轉180度左足後踏, 右足趾前點

5-6 Walk forward R, L. 右足前走, 左足前走

7&8 Step R to R side as you sway R, L, Take a big to R side as you drag in L. 右足右踏右擺臀, 左擺臀, 右足右一大步左拖併

第二段 **Step ¼ Pivot (Prep), Triple Full Turn L, Walk ¼ Turn R, L, Run Run Touch.**
踏 轉1/4, 三步左轉, 二步右1/4, 跑 跑 點

1-2 Step forward L, Pivot ¼ turn R. (prep).
左足前踏, 右軸轉90度

3&4 Make a full turn L, Stepping L, R, L travelling L.
三步左轉圈-左, 右, 左

5-6 Make a ¼ turn R and walk forward R, L.
兩個前走步右轉90度-右, 左

7&8 Run R, L, Touch R toe behind L heel.
前跑步-右, 左, 右足趾於左足踵後點

第三段 **Back Lock ¼ Turn, Drag ¼ Collapse Step Step, Step Pivot Step ½ Turn X2.**
後鎖轉1/4, 拖 1/4踏 踏, 踏 轉 踏 二次

1&2 Step back on R, Lock L across R, Make ¼ turn R as you step R to R side. 右足後踏, 左足於右足前鎖踏, 右轉90度右足右踏

3&4 Drag L foot across R, Make ¼ turn R and fall into a step step L, R.
左足拖於右足前交叉, 右轉90度左足踏, 右足踏

(Note: really accentuate count 3 (drag) and collapse into the step step) 注意：強調第3拍的拖拍, 然後直接做兩個踏步

5&6 Step forward L, Pivot ½ turn R, Step forward L,
左足前踏, 右軸轉180度, 左足前踏

7&8 Step forward R, Pivot ½ turn L, Step forward R.
右足前踏, 左軸轉180度, 右足前踏

第四段 **Sweep Back Back X2, ½ Turn Pivot (Prep), Triple 1½ Turns L, R, L**
繞交叉 後 後 二次, 踏 轉, 三步左轉1½

1&2 Sweep L across R Step back R, L.
左足繞於右足前交叉踏, 右足後踏, 左足後踏

3&4 Sweep R across L Step back L, R.
右足繞於左足前交叉踏, 左足後踏, 右足後踏

5-6 Step forward on L, Pivot ½ turn R (prep) weight on R.
左足前踏, 右軸轉180度重心在右足

7&8 Make a triple 1½ turns L stepping L, R, L.
三步左轉一圈半-左, 右, 左

第五段　¼ Turn Side Back Rock, Side Back Rock, Side Together ½ Turn, Side Back Rock. 1/4NC, NC, 右-併-轉, NC

1-2& Make ¼ turn L step R to side, Rock back L, Recover R
左轉90度右足右踏, 左足後下沉, 右足回復

3-4& Step L to L side, Rock back R, Recover L.
左足左踏, 右足後下沉, 左足回復

5&6 Step R to R side, Step L next to R (&) On balls of feet spin a ½ turn L. 右足右踏, 左足併踏, 左轉180度

7-8& Step R to R side, Rock back L, Recover R.
右足右踏, 左足後下沉, 右足回復

第六段　Step Side, Back Rock, Side Slide, ¼ Slide ¼ Slide, And Side, Touch/Sweep ¼ Ball Step. NC, 右　左1/4, 1/4右追步, 點-1/4繞踏-踏

1-2& Step L to L side, Rock back R, Recover L
左足左踏, 右足後下沉, 左足回復

3-4 Slide R to R side, Make ¼ turn L slide L to L side.
右足滑向右, 左轉90度左足滑向左

5&6 Make a ¼ turn L as you slide R to R side, Step L next to R, Step R to R side. 左轉90度右足滑向右, 左足併踏, 右足右踏

7&8 Touch L toe forward, Sweep L a ¼ turn L onto ball of L slightly behind R, Step forward on R.
左足趾前點, 左轉90度左足繞至右足後踏, 右足前踏

第七段　Step & Step, Step Back Drag, & R Shuffle, Mambo ½ Turn.
踏 併 踏, 後 拖 踏, 前交換, 曼波轉

1&2 Step big step forward L to L diagonal, Step R next to L, Step L in place. 左足左斜角前一大步, 右足併踏, 左足踏

3-4& Step big step back on R, Drag L next to R, Step on L.
右足後一大步, 左足拖併, 左足踏

5&6 R shuffle forward. 右足起跳的前交換

7&8 Rock forward on L, Recover R, Make a ½ turn L stepping forward L.
左足前下沉, 右足回復, 左轉180度左足前踏

第八段　¼ Side Behind, Step Back, Forward Back Forward, ¼ Walk Walk, ½ Semi Circle Shuffle. 1/4側 後 後, 搖前 後 前, 1/4走 走, 轉半圈

&1-2 Make ¼ L step R to R side, Step L behind R, Lift R leg up and step it behind L. 右轉90度右足右踏, 左足於右足後踏, 右足抬起至左足後踏

3&4 Rock body forward back forward weight ends up on L.
身體搖向前, 身體搖向後, 身體搖向前重心在左足

5-6 Make a ¼ turn R as you walk forward R, L.
右足前走, 左足前走(構成一個右轉90度)

7&8 R Shuffle ½ turn R. Make this a semi circle shuffle.
右轉交換(做一個半圓的交換步)

Start over! (Dance to end of wall as music fades finishing at the front).
快結束時, 音樂會漸漸變慢, 面向前面牆做結束
