Murder My Heart (傷我心) (zh)

Count: 48 **Wall:** 2 **Level:** Intermediate
Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - 2010年03月
Music: Murder My Heart - Michael Bolton

前奏： Starts After 16 Counts. 16拍後起跳

第一段	**Step, Rock & 1/2, Step 3/4 Side, Behind & Rock Step, Back, Cross, 3/8 Turn.踏, 曼波轉, 踏 轉 90, 後 旁 前交叉 回復, 後, 交叉, 轉3/8**
1	Step forward on Left. 左足前踏
2&3	Rock forward on Right, recover Left, make 1/2 turn to Right stepping forward Right. 右足前下沉, 左足回復, 右轉180度右足前踏
4&5	Step forward Left, pivot 1/2 turn to Right, 1/4 turn to Right stepping Left to left side. 左足前踏, 右軸轉180度, 右轉90度左足左踏
6&7&	Cross step Right behind Left, step Left to side, cross rock Right over Left, recover on Left. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉下沉, 左足回復
8&1	Step back on Right, cross/lock Left over Right, make 3/8 turn to Right stepping forward Right. (7:30) 右足後踏, 左足於右足前交叉踏, 右轉135度右足前踏(面向7:30)
第二段	**Step, Pivot 5/8, Rock & Cross, Back, Back, Cross, Back, Together, Ball Step. 踏 轉正, 曼波交叉, 後, 後 鎖步, 併 走 走**
2-3	Step forward on Left (slightly across Right), pivot 5/8 turn to Right. (3:00) 左足略於右足前交叉踏, 右軸轉225度轉正面向3點鐘
4&5	Rock to Left side on Left, recover Right, cross step Left over right. 左足左下沉, 右足回復, 左足於右足前交叉踏
6&7&	Step back on Right, step back on Left, cross/lock Right over Left, step back on Left. 右足後踏, 左足後踏, 右足於左足前鎖踏, 左足後踏
8&1	Step Right next to Left, step forward on Left, step forward on Right. 右足併踏, 左足前踏, 右足前踏
第三段	**Rock Step, 1/2, 1/2, 1/4, Rock & Side, Rock & 1/4. 下沉 回復, 轉 轉 1/4, 水手步, 水手轉1/4**
2-3	Rock forward on Left, recover on Right. 左足前下沉, 右足回復
4&5	Make 1/2 turn Left stepping forward Left, 1/2 turn Left stepping back on Right, 1/4 turn Left stepping Left to Left side. 左轉180度左足前踏, 左轉180度右足後踏, 左轉90度左足左踏
6&7	Cross rock Right behind Left, recover Left, step Right to Right side. 右足於左足後交叉下沉, 左足回復, 右足右踏
8&1	Rock Left behind Right, recover on Right, make 1/4 turn Right stepping Left to Left side. 左足於右足後下沉, 右足回復, 右轉90度左足左踏
第四段	**Rock & 1/4, Sailor 1/2 Cross, Point, 1/2 Turn, Rock & Step. 水手轉1/4, 轉水手交叉, 點, 1/2, 下沉 回復 踏**
2&3	Cross rock Right behind Left, recover on Left, make 1/4 turn Left stepping back on Right. 右足於左足後交叉下沉, 左足回復, 左轉90度右足後踏
4&5	Make 1/4 turn Left stepping Left behind Right, step Right next to Left, 1/4 turn Left crossing Left over Right. 左轉90度左足於右足後踏, 右足併踏, 左轉90度左足於右足前交叉踏
6-7	Point Right to Right side, make 1/2 turn to Right stepping Right next to Left. 右足右點, 右轉180度右足併踏

8&1 Rock to Left side on Left, recover on Right, step forward Left.
左足左下沉, 右足回復, 左足前踏

****R** Restart**: Wall 5…. Dance Up To & Including Counts 8& (32&) In Section 4.. Then Restart From Beginning..第五面牆跳至此, 從頭起跳

第五段 Mambo Step, 1/2, 1/2, Step, Step, Cross, Lock Step Back.
前曼波, 1/2 1/2, 踏 踏 交叉, 後鎖步

2&3 Rock forward on Right, recover on Left, step Right next to Left.
右足前下沉, 左足回復, 右足併踏

4&5 Make 1/2 turn Left stepping forward on Left, 1/2 turn Left stepping Right next to Left, step forward on Left.
左轉180度左足前踏, 左轉180度右足併踏, 左足前踏

6-7 Step forward on Right, cross/lock Left over Right.
右足前踏, 左足於右足前交叉踏

8&1 Step back on Right, lock Left over Right, step back on Right.
右足後踏, 左足於右足前鎖踏, 右足後踏

第六段 Sway, Sway, Behind & Step, Step, 1/2 Pivot, Step.
擺臀, 擺臀, 後 旁 前, 踏 轉 踏

2-3 Step Left to Left side swaying hips Left, step Right to Right side swaying hips Right. 左足左踏左擺臀, 右足右踏右擺臀

4&5 Cross step Left behind Right, step Right to Right side, step forward Left. 左足於右足後交叉踏, 右足右踏, 左足前踏

6-8 Step forward on Right, pivot 1/2 turn to Left, step forward on Right.
右足前踏, 左軸轉180度, 右足前踏
