Every Now And Then (三不五時) (zh)

Count: 32 **Wall:** 2 **Level:** Intermediate
Choreographer: Darren Bailey (UK) & Lana Williams (UK) - 2010年05月
Music: I Believe - Diamond Rio

前奏： Intro: 16 counts 16拍後起跳

第一段 Nightclub Basic R, L, Into Beginning Of A Diamond Fallaway Rotating R
右基本步, 左基本步, 開始菱形右轉

1-2& Step Rf to R side, close Lf next to Rf (3rd Pos), cross Rf over Lf,
右足右踏, 左足併踏, 右足於左足前交叉踏

3-4& Step Lf to L side, close Rf next to Lf (3rd Pos), cross Lf over Rf,
左足左踏, 右足併踏, 左足於右足前交叉踏

5-6& Step Rf to R side, step forward on Lf towards R diagonal (1:30), Continue on Diagonal and step forward on Rf
右足右踏, 左足面向1:30前踏, 右足面向1:30前踏

7-8& Make a slight turn R to face (3:00) and step Lf to L side, step diagonally back R on Rf (10:30), continue on diagonal and step back L with Lf
左足面向3點鐘左踏, 右足面向10:30後踏, 左足面向10:30左踏

第二段 Finish Diamond Fallaway, Sway L, R, 1/4 Turn L Sweep, Cross R, Back L With 1/4 Turn R
結束菱形右轉, 左擺臀, 右擺臀, 左1/4繞, 交叉, 右1/4後

1-2& Make a slight turn R to face (6:00) and Step Rf to R side, step forward on Lf towards R diagonal (7:30), Continue on Diagonal and step forward on Rf 右足面向6點鐘右踏, 左足面向7:30前踏, 右足面向7:30前踏

3-4& Make a s light turn R to face (9:00) and step Lf to L side, step diagonally back R on Rf (4:30), continue on diagonal and step back L with Lf
左足面向9點鐘左踏, 右足面向4:30後踏, 左足面向4:30後踏

5-6& Make a slight turn R to face (12:00) and step Rf to R side, sway to L, sway to R 右足面向12點右足右踏, 左擺臀, 右擺臀

7-8& Step on to Lf and make a 1/4 turn L whilst sweeping Rf from Back to Front now facing (9:00), cross Rf over L, step back on Lf making a 1/4 turn R now facing (12:00)
左轉90度右足由後繞至前(面向9點鐘), 右足於左足前交叉踏, 右轉90度左足後踏(面向12點鐘)

第三段 1/4 Turn R Stepping Forward, Travelling Pivot Turns To R (3/4 Turn), Cross Rock, Recover, Side, Cross, Syncopated Rock L And Syncopated Weave R With 1/2 Turn L
右1/4踏, 轉3/4, 交叉曼波, 交叉, 變奏左下沉, 變奏帶轉藤步

1-2& Make a 1/4 turn R and step forward on R now facing (3:00), make a 1/2 turn R stepping back on Lf now facing (9:00), make a 1/4 turn R stepping Rf to R side now facing (12:00)
右轉90度右足前踏(面向3點鐘), 右轉180度左足後踏(面向9點鐘), 右轉90度右足右踏(面向12點鐘)

3-4& Cross rock Lf over Rf, recover onto Rf, step Lf to L side
左足於右足前交叉下沉, 右足回復, 左足左踏

5&6& Cross Rf over Lf, rock Lf to L side, recover onto Rf, cross Lf over Rf 右足於左足前交叉踏, 左足左下沉, 右足回復, 左足於右足前交叉踏

7&8& Make a 1/4 turn L and step back on Rf now facing (9:00), make a 1/4 turn L and step Lf to L side now facing (6:00), cross rock Rf over Lf, recover onto Lf
左轉90度右足後踏(面向9點鐘), 左轉90度左足左踏(面向6點鐘), 右足於左足前交叉下沉, 左足回復

第四段	**1/4 Turn R, Step, Pivot 1/2 Turn R, Step, Pivot 1/2 Turn L, 1/4 Turn R, Dramatic Pause, Drag Rf To L** **右 1/4 1/2 踏, 踏 轉 1/4, 候-右拖併**
1-2&	Step Rf to R side, make a 1/4 turn R and step forward on Lf (9:00), make a 1/2 turn pivot to R weight ends on Rf naw facing (3:00) 右足右踏, 右轉90度左足前踏(面向9點鐘), 右軸轉180度(面向3點鐘)
3-4&	Step forwrd on Lf, step forward on Rf, make a 1/2 turn pivot L weight ends on Lf now facing (9:00) 左足前踏, 右足前踏, 左軸轉180度(面向9點鐘)
5	Make a 1/4 turn L and step Rf to R side now facing (6:00) 左轉90度右足右踏(面向6點鐘)
6-8&	Hold for counts 6,7,8 (these 3 counts are open to interpretation), Bring Rf toward Lf keeping weight on Lf 候3拍(自由發揮), &拍(右足拖併至左足, 重心移左足)