Beulah (美好時光) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Michele Perron (CAN) - 2008年11月
Music: Sweet Kinda' Something - Beulah

前奏： 16 Counts 16拍後起跳

第一段	**Walk, Walk, &-Replace-Forward, Forward, Back, Turn, Turn** **走, 走, &-回復-前, 前, 後, 轉, 轉**
1,2	RIGHT, LEFT Steps forward 右足前踏, 左足前踏
&,3,4	RIGHT (Large) Step side R, LEFT Recover/Step side L (in place), RIGHT Step forward & slightly across front of L (*allow body to 'twist' to diagonal L,R) 右足右一大步, 左足原地踏(或左足回復), 右足前踏略於左足前交叉踏 *身體可以略向左右斜角線轉動
5,6	LEFT Lunge/Step forward*; RIGHT Recover/Step back 左足前踏(右足略後踢), 右足後踏 *Style Option: Right low kick back
7,8	LEFT Step forward with 1/2 Turn L; RIGHT Step back with 1/2 Turn L (12 o'clock) 左轉180度左足前踏, 左轉180度右足後踏(面向12點鐘)
第二段	**Turn, Across-&-Back; Across-&-Back; Rock/Forward, Rock/Forward, Recover/Back, Turn** **轉, 交叉-&-後, 交叉-&-後, 下沉/踏, 下沉/踏, 回復/後, 轉**
1	LEFT Step forward with 1/2 Turn L (6 o'clock) 左轉180度左足前踏(面向6點鐘)
2&3	RIGHT Step across front of L, LEFT Step back diagonal L, RIGHT Step back diagonal R 右足於左足前交叉踏, 左足左斜角線後踏, 右足右斜角線後踏
4&5	LEFT Step across front of R, RIGHT Step back diagonal R, LEFT Step back and behind R [face diagonal L, R toe raises back, R heel on floor] 左足於右足前交叉踏, 右足右斜角線後踏, 左足於右斜角線後踏 [面向左斜角線, 右足趾後抬, 右足踵著地]
6	RIGHT Rock/Step forward 右足前下沉
7,8	LEFT Rock/Step forward diagonal L; RIGHT Recover/Step back (facing diagonal L) 左足左斜角線前下沉, 右足回復面向左斜角線 *5-8拍構成一個Rocking chair
&	LEFT Step back with 1/4 Turn R (9 o'clock) 右轉90度左足後踏(面向9點鐘)

One Restart: After four rotations, complete Counts 1-16&; the first two sections, restart dance facing 9 o'clock
第四面牆結束, 再跳至此面向9點鐘時從頭起跳

第三段	**Walk-Walk, Triple Turn, &-Across-Side/Lunge, Recover/Side, Across 走, 走, 小三步轉, &-交叉-側/曲膝, 回復/側**
1,2	RIGHT, LEFT Steps forward 右足前踏, 左足前踏
3&4	RIGHT Triple with 1/2 Turn L (3 o'clock) 以小三步左轉180度(面向3點鐘) (R Side with 1/4 Turn, L across front of R, R Back with 1/4 Turn) (左轉90度右足右踏, 左足於右足前交叉踏, 左轉90度右足後踏)
&,5,6	LEFT Step side with 1/4 Turn L, RIGHT Step across front of L, LEFT Lunge/Step side L (12 o'clock) 左轉90度左足左踏, 右足於左足前交叉踏, 左足左曲膝踏(面向12點鐘) (R toe raises back, R heel on floor) (右足趾略後抬, 右足踵著地)
7,8	RIGHT Recover/Step side R (in place); LEFT Step across front of R 右足回復, 左足於右足前交叉踏
第四段	**Triple Turn, Across, Back, &-Across-Back, Back, Across** **小三步轉, 交叉, 後, &-交叉-後, 後, 交叉**
1&2	RIGHT Triple forward with 1/4 Turn R (3 o'clock) 右足小三步右轉90度(面向3點鐘)
3,4	LEFT Step across front of R; RIGHT Step back diagonal R 左足於右足前交叉踏, 右足於右斜角線後踏

&,5,6	LEFT Step back diagonal L, RIGHT Step across front of L, LEFT Step back diagonal L 左足於左斜角線後踏, 右足於左足前交叉踏, 左足於左斜角線後踏
7,8	RIGHT Step back; LEFT Step back and crossed in front of R * 右足後踏, 左足於右足前交叉踏(右足後抬右膝彎曲) *Style Option: add R Flick/Kick back (R knee bends)
