Sweet Sister (甜蜜小姐) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Sadiah Heggernes (NOR/UK) - 2010年02月
Music: Hey, Soul Sister - Train : (CD: Save Me, San Francisco)

前奏： 32 count intro – start on main vocals

第一段 Hip Sways, ¼ Turn, Shuffle Forward, Step, Full Turn, Step
擺臀, 1/4前交換, 踏, 轉 轉 踏

1-3 Small step on right diagonal swaying hips right-left-right
右足略右斜前踏擺臀-右, 左, 右

4&5 ¼ turn left step forward on left. Close right beside left. step forward on left (9.00) 左轉90度左足前踏, 右足併踏, 左足前踏(面向9點鐘)

6 Step forward on right 右足前踏

7&8 ½ turn right step back on left. ½ turn right step forward on right. Step forward on left 右轉180度左足後踏, 右轉180度右足前踏, 左足前踏

第二段 Step, Rock Forward, Chasse ¼ Turn, Shuffle Forward, Step, Pivot, Step 併, 下沉 回復, 1/4左追步, 前交換, 踏 轉

&1-2 Small step right beside left.Rock forward on left. Recover weight onto right 右足併踏, 左足前下沉, 右足回復

3&4 ¼ turn left step left to side. Close right beside left. Step left to side (6.00) 左轉90度左足左踏, 右足併踏, 左足左踏(面向6點鐘)

5&6 Step forward on right. Close left beside right. Step forward on right
右足前踏, 左足併踏, 右足前踏

7&8 Step forward on left. Make ½ pivot right. Step forward on left (12.00) 左足前踏, 右軸轉180度, 左足前踏(面向12點鐘)

第三段 Diagonal Toe Struts, ¼ Turn, Side, Step, Kick Ball Touch, Sailor ½ Turn 斜角趾踵, 1/4, 側, 踏, 踢 併 點, 轉水手

1& Step right toe to right diagonal. Step down on right heel
右足趾右斜角點, 右足踵踏

2& Cross left toe over right. Step down on left heel
左足趾於右足前交叉點, 左足踵踏

3&4 ¼ turn left stepping back on right. Step left to side. Step forward on right (9.00) 左轉90度右足後踏, 左足左踏, 右足前踏(面向9點鐘)

5&6 Kick left forward. Step down on left. Touch right to side
左足前踢, 左足踏, 右足右點

7&8 1/4 turn to right crossing right behind left. 1/4 turn right stepping left next to right, step forward on right. (3:00)
右轉90度右足於左足後交叉踏, 右轉90度左足併踏, 右足前踏(面向3點鐘)

第四段 Step, Rock Forward, Coaster Step, Side Rock Touch, Run back with Hitch 併, 下沉 回復, 海岸步, 側下沉 回復 點, 後跑步帶抬

&1-2 Small step left beside right. Rock forward on right. Recover weight onto left 左足併踏, 右足前下沉, 左足回復

3&4 Step back on right. Step left beside right. Step forward on right
右足後踏, 左足併踏, 右足前踏

5&6 Rock left to side. Recover weight onto right. Touch left beside right
左足左下沉, 右足回復, 左足併點

7&8 Run back left-right-left hitching right knee beside left
左足後跑, 右足後跑, 左足後跑右膝抬靠左足

ENDING: You will be facing 6.00: Cross right over left, unwind ½ turn left to face 12:00 結束:面向6點鐘:右足於左足前交叉踏, 左繞轉面向12點鐘