# Shattered (心煩意亂) (zh)

**Count:** 32 **Wall:** 4 **Level:** Intermediate
**Choreographer:** Tom Clemons (USA) - 2008年12月
**Music:** I'll Bust The Windows Out Your Car - Jazmine Sullivan

前奏： Start dancing on lyrics 唱歌起跳

**第一段** **Walk Back 3 X (Right, Left, Right), Back Cross Turn ¼ Right (3:00), Step Back Left, Back Rock Recover, Turn ¼ Left (12:00) , Step Right To Side, Cross Left Over Right, Step Right To Side**
**後走步三次-右, 左, 右, 後交叉右轉1/4, 左後, 後下沉回復, 左1/4, 右踏, 左交叉, 右踏**

123
走走走
Walk back 3 times starting with right
後走三次-右, 左, 右

4&5
後 交叉
左90
Step left back, cross right over left, turn ¼ left (3:00), step left back 左足後踏, 右足於左足前交叉踏, 左轉90度左足後踏(面向3點鐘)

67
後下沉回復
Rock back to right, recover on left
右足後下沉, 左足回復

8&1
左90 交叉
右
Turn ¼ left, step right to side, cross left over right, step right to side 左轉90度右足右踏, 左足於右足前交叉踏, 右足右踏

**第二段** **Step Left Together, Step Right Forward, Chase Turn Right (6:00), Side, Behind, Turn ¼ Right (9:00) , Right Forward, Turn ½ Right (3:00) , Turn ¼ Right (6:00) , Lunge Point Right**

23
左併 右前
Step left together, step right forward
左足併踏, 右足前踏

4&5
踏轉踏
Step right forward, turn ½ right (6:00) step left forward
右足前踏, 右轉180度, 左足前踏(面向6點鐘)

67
右 交叉
Step right to side, cross left behind right
右足右踏, 左足於右足後交叉踏

8&1
90 180
90曲膝
Turn ¼ right (9:00) step forward right, turn ½ right (3:00) step back to left, turn ¼ right (6:00) , lunge on left leg, point right to right side
右轉90度右足前踏(面向9點鐘), 右轉180度左足後踏(面向3點鐘), 右轉90度左足曲膝踏右足右點

**第三段** **Drag, Cross Right Over Left, Side, Behind, ¼ Turn (9:00) Forward, ½ Pivot Left (3:00), Turn ¼ Left (6:00) , Side Cross Side**

23
拖併 交叉
Pull right in on count 2, cross right over left (put weight on right on count 3) 右足拖併, 右足於左足前交叉踏(重心在右足)

4&5
踏 交叉
90
Step left to side, cross right behind left, turn ¼ left (3:00) step left forward
左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏(面向3點鐘)

67
踏 轉 90
Step right forward, pivot ½ turn (place weight on left count 7), turn ¼ left (6:00)
右足前踏, 左轉180度重心在左足, 左轉90度(面向6點鐘)接續第8拍

8&1
右 交叉
右
Step right to side, cross left over right, step right to side
右足右踏, 左足於右足前交叉踏, 右足右踏

**第四段** **Step Together, Step Right Forward, Chase Turn Right, Turn ¼ Left (9:00),Step Back Right, Turn ¼ Left (6:00) Step Left To Side, Right Forward Turn ½ Right (12:00) Turn ½ Right And Step Back Right (6:00)**

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| 23<br>左併 右前 | Step left together, step right forward<br>左足併踏, 右足前踏 |
| 4&5<br>踏轉踏 | Step left forward, turn ½ right (12:00) , shift weight to right, step left forward 左足前踏, 右轉180度<br>重心在右足(面向12點鐘), 左足前踏 |
| 67<br>90 90 | Turn ¼ left (9:00), step back to right, turn ¼ left (6:00) , step left to side 左轉90度右足後踏(面向9<br>點鐘), 左轉90度左足左踏(面向6點鐘) |
| 8&1<br>踏轉轉 | Step right forward, turn ½ left (12:00) , shift weight to left (on & count), turn ½ left (6:00), stepping<br>back to right<br>右足前踏, 左轉180度重心在左足(面向12點), 左轉180度右足後踏(面向6點鐘)<br>8&1 is like in a nightclub style. Count 1 is the first count of next wall 8&1類似Nightclub的舞步, 第1<br>拍接續第一段進入另一面牆 |