You Can Dance (别忘了我) (zh)

Count: 0 **Wall:** 1 **Level:** Beginner
Choreographer: Doug Miranda (USA) & Jackie Miranda (USA)
Music: Save the Last Dance For Me - Michael Bublé

前奏： 32 count intro (start on the word "dance")
Sequence: AAB, AB, AAB
PART A

第一段 **Rhumba Box: Side Left, Step Together, Step Forward, Hold; Side Right, Step Together, Step Back, Hold**
倫巴方塊:左側, 踏併, 前踏, 候, 右側, 踏併, 後踏, 候

1-4 Step L to L side, slide R next to L, step L forward, hold (weight on L) 左足側踏，右足滑併，左足前踏，候（重心在左足）

5-8 Step R to R side, slide L next to R, step back on R, hold (weight on R) 右足側踏，左足滑併，右足後踏，候（重心在右足）

第二段 **Back Coaster Step, Hold; Rock Forward, Recover, 1/2 Right, Hold**
後海岸步, 候, 前下沉, 回復, 右1/2, 候

1-4 Step back on L, bring R next to L, step forward on L, hold (weight on L) 左足後踏，右足併踏，左足前踏，候（重心在左足）

5-8 Rock forward on R, recover back on L, make 1/2 turn R, hold (weight on R) 右足前下沉，左足回復，右轉180度，候（重心在右足）

第三段 **Rock Forward, Recover, 1/2 Turn L, Hold; Cross, 1/4 Right, 1/4 Turn Right, Hold 前下沉, 回復, 左轉1/2, 候, 交叉, 右1/4, 右1/4, 候**

1-4 Rock forward on L, recover back on R, make 1/2 turn L and turn body to L diagonal, hold (weight on L)
右足前下沉，右足回復，左轉180度面向左斜角線，候（重心在左足）

5-8 Cross R over L, make 1/4 turn R by stepping back on L, make 1/4 turn R as you step R to R side, hold (you will have completed a 1/2 turn R) 右足於左足前交叉踏，右轉90度左足後踏，右轉90度右足右踏，候

第四段 **Cross, Side Step, Step Together, Hold; Cross, 1/4 Turn Right, 1/4 Turn Right, Hold 交叉, 側踏, 側併, 候, 交叉, 右1/4, 右1/4, 候**

1-4 Cross L over R, step R to R side and slightly raise up on balls of both feet, step L next to R and lower body as you angle body slightly to L diagonal, hold
左足於右足前交叉踏，右足右踏（略抬起雙足掌），左足併踏（身體略向左斜角線），候

5-8 Cross R over L, make a 1/4 turn R by stepping back on L, make 1/4 turn R as you step R to R side (you will have completed a 1/2 turn R), hold
右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足右踏, 候

第五段 **Cross, Side Step, Step Together, Hold; Cross, Side Step, Step Together. Hold 交叉, 側踏, 側併, 候, 交叉, 側踏, 側併, 候**

1-4 Cross L over R, step R to R side and slightly raise up on balls of both feet, step L next to R and lower body as you angle body slightly to L diagonal, hold
左足於右足前交叉踏, 右足右踏, 左足併踏, 候

5-8 Cross R over L, step L to L side and slightly raise up on balls of both feet, step R next to L and lower body, as you angle body slightly to R diagonal, hold
右足於左足前交叉踏, 左足左踏, 右足併踏, 候

第六段 **Cross, Side, Behind, Sweep; Behind, Side, Cross, Hitch 1/4 Turn R 交叉, 側, 後, 繞, 後, 側, 交叉, 右1/4抬**

1-4 Cross L over R, step R to R side, step L behind R, as you touch R to floor sweep R behind L (count 4)
右足於右足前交叉踏, 右足右踏, 左足於右足後踏, 右足由前繞至後

5-8 Continue to bring R behind L and step down on R, step L to L side, cross R over L, hitch L knee into a turn 1/4 R (make it a low hitch, keeping L close next to R)
右足於左足後踏, 左足左踏, 右足於左足前交叉踏, 左膝蓋抬起右轉90度

第七段 Rock Forward, Back, Forward, Hitch 1/2 Turn Left; Rock Forward, Back, Forward, Hitch 1/4 Turn Right
前下沉, 後, 前, 左1/2抬, 前下沉, 後, 前, 右1/4抬

1-4 Rock forward on L, rock back on R, rock forward on L, hitch R knee as you make a 1/2 turn L
左足前下沉, 右足後下沉, 左足前下沉, 右膝蓋抬起左轉180度

5-8 Rock forward on R, rock back on L, rock forward on R, hitch L knee as you make a 1/4 turn R
右足前下沉, 左足後下沉, 右足前下沉, 左膝蓋抬起右轉90度

第八段 Mambo Forward, Hold; Mambo Back, Hold 前曼波, 候, 後曼波, 候

1-4 Rock forward on L, recover back on R, step L next to R, hold
左足前下沉, 右足後回復, 左足併踏, 候

5-8 Rock back on R, recover forward on L, step R next to L, hold
右足後下沉, 左足前回復, 右足併踏, 候

第九段 1/2 Turn Right, 1/2 Turn Right, Stomp to Left Side, Hold; Bump Hips Right, Left, Right 右1/2, 右1/2, 左側重踏, 候, 擺臀-右, 左, 右

1-4 Step forward on L, make a 1/2 turn R, step forward on L, make a 1/2 turn R 左足前踏, 右轉180度, 左足前踏, 右轉180度

5-6 Stomp L to L side, hold 左足左重踏, 候

7&8 Bumps hips R, L , R (weight ending on R) 擺臀 右, 左, 右

PART B

第一段 Side Rock Left, Recover, Triple in Place; Side Rock Right, Recover, Triple in Place
左下沉, 回復, 原地小三步, 右下沉, 回復, 原地小三步

1-2 Side rock L to L side, recover on R 左足左下沉, 右足回復

3&4 Triple in place L, R, L 小三步 左, 右, 左

5-6 Side rock R to R side, recover on L 右足右下沉, 左足回復

7&8 Triple in place R, L, R 小三步 右, 左, 右

第二段 Rock Left Forward. Recover, Shuffle Back; Rock Right Back, Recover, Shuffle Forward 左前下沉, 回復, 後交換, 右後下沉, 回復, 前交換

1-2 Rock forward on L, recover back on R 左足前下沉, 右足後下沉

3&4 Shuffle back L, R, L 後交換步 左, 右, 左

5-6 Rock back on R, recover forward on L 右足後下沉, 左足前回復

7&8 Shuffle forward R, L, R 前交換步 右, 左, 右

第三段 Step Forward, 1/2 Turn Right, Shuffle Forward; Step Forward, 1/2 Turn Left, Shuffle Forward 前踏, 右1/2, 前交換, 前踏, 左1/2, 前交換

1-2 Step forward on L, make a 1/2 turn R 左足前踏, 右轉180度

3&4 Shuffle forward L, R, L 前交換步 左, 右, 左

5-6 Step forward on R, make a 1/2 turn L 右足前踏, 左轉180度

7&8 Shuffle forward R, L, R 前交換步 右, 左, 右

第四段 1/2 Turn Right, 1/2 Turn Right, Stomp to Left Side, Hold; Bump Hips Right, Left, RIGHT 右1/2, 右1/2, 左重踏, 候, 擺臀-右, 左, 右

1-4 Step forward on L, make a 1/2 turn R, step forward on L, make a 1/2 turn R 左足前踏, 右轉180度, 左足前踏, 右轉180度

5-6 Stomp L to L side, hold 左足左重踏, 候

7&8 Bumps hips R, L , R (weight ending on R) 擺臀 右, 左, 右