

Go With It (跟著感覺走) (zh)

COPPER KNOB
STYRENE

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Maggie Gallagher (UK) - 2010年03月

Musik: Roll With It - Easton Corbin



前奏 : Intro: 32 counts (16 secs) 32拍(約16秒)後起跳

第一段 Cross Rock, Recover, Right Side Chasse, Weave Right
交叉下沉, 回復, 右追步, 右藤步

- 1,2 Cross rock right over left, Recover onto left [12.00]
右足於左足前交叉下沉, 左足回復(面向12點鐘)
- 3&4 Step right to right side, Step left next to right, Step right to right side 右足右踏, 左足併踏, 右足右踏
- 5,6 Cross left over right, step to right side
左足於右足前交叉踏, 右足右踏
- 7,8 cross left behind right, step to right side
左足於右足後交叉踏, 右足右踏

第二段 Cross Rock, Recover, Left Side Chasse, Weave Left
交叉下沉, 回復, 左追步, 左藤步

- 1,2 Cross rock left over right, Recover onto right
左足於右足前交叉下沉, 右足回復
- 3&4 Step left to left side, Step right next to left, Step left to left side 左足左踏, 右足併踏, 左足左踏
- 5,6 Cross right over left, Step left to left side
右足於左足前交叉踏, 左足左踏
- 7,8 Cross right behind left, Step left to left side [12.00]
右足於左足後交叉踏, 左足左踏(面向12點鐘)

第三段 Step, 1/2 Pivot Left, Step, Hold, Step, 1/2 Pivot Right, Step, Hold
踏轉踏候, 踏轉踏候

- 1-3 Step forward on right, 1/2 pivot turn left, Step forward on right [6.00] 右足前踏, 左軸轉180度, 右足前踏(面向6點鐘)
- 4 HOLD 候
- 5-7 Step forward on left, 1/2 pivot turn 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)
- 8 Ronde sweep right toe forwards 右足繞至前以足趾點

第四段 Step-Touch-Back, 1/4 Right, Step-Touch-Back, 1/4 Left
踏點後, 1/4, 踏點後, 1/4

- 1-3 Step forward on right, Touch left toe behind right, Step back on left
右足前踏, 左足趾後點, 左足後踏
- 4 1/4 turn right stepping right to right side [3.00]
右轉90度右足右踏(面向3點鐘)
- 5-7 Step forward on left, Touch right toe behind left, Step back on right
左足前踏, 右足趾於左足後點, 右足後踏
- 8 1/4 turn left stepping left to left side [12.00]
左轉90度左足左踏(面向12點鐘)

第五段 Side Rock, Recover, Right Crossing Shuffle, Side Rock, Recover, Left Crossing Shuffle 側下沉 回復, 交叉交換, 側下沉 回復, 交叉交換

- 1,2 Rock out to right side, Recover onto left [12.00]
右足右下沉, 左足回復
- 3&4 Cross right over left, Step left to left side, Cross right over left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

- 5,6 Rock out to left side, Recover onto right
左足左下沉, 右足回復
- 7&8 Cross left over right, Step right to right side, Cross left over right [12.00]
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏(面向12點鐘)

第六段 Side Rock, Recover, Cross, Hold, Side Rock, Recover, Cross, Hold
側下沉 回復 交叉 候, 側下沉 回復 交叉 候

- 1-4 Rock to right side, Recover onto left, Cross right over left, HOLD
右足右下沉, 左足回復, 右足於左足前交叉踏, 候
- 5-8 Rock to left side, Recover onto right, Cross left over right, HOLD [12.00] 左足左下沉, 右足回復, 左足於右足前交叉踏, 候

第七段 Right Rocking Chair, Step-1/4 Left, Step-1/4 Left With Hip Rolls
搖椅步, 踏 轉1/4, 踏 轉1/4帶轉臀

- 1-4 Rock forward onto right, Recover onto left, Rock back on right, Recover onto left 右足前下沉, 左足回復, 右足後下沉, 左足回復
- 5,6 Step forward on right, Make 1/4 turn left (Rolling hips) [9.00]
右足前踏, 左轉90度(轉臀)(面向9點鐘)
- 7,8 Step forward on right, Make 1/4 turn left (Rolling hips) [6.00]
右足前踏, 左轉90度(轉臀)(面向6點鐘)

第八段 Step, Scuff, Step, Scuff, Right Jazz Box-Step
踏, 擦踢, 踏, 擦踢, 爵士方塊

- 1,2 Step forward on right, Scuff left forward
右足前踏, 左足前擦踢
- 3,4 Step forward on left, Scuff right forward
左足前踏, 右足前擦踢
- 5-8 Cross right over left, Step back on left, Step right to right side, Step forward on left [6.00]
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前踏(面向6點鐘)

TAG: 8 counts at the END of wall 2 (facing front wall)
加拍: 第二面牆結束面向前面牆時

Vine Right, Touch, Vine Left, Touch
右藤步, 點, 左藤步, 點

- 1,2 Step right to right side, Cross left behind right
右足右踏, 左足於右足後交叉踏
- 3,4 Step right to right side, Touch left beside right
右足右踏, 左足併點
- 5,6 Step left to left side, Cross right behind left
左足左踏, 右足於左足後交叉踏
- 7,8 Step left to left side, Touch right beside left
左足左踏, 右足併點
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