

# One Foot Out The Door (好想離開) (zh)

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Rafe Andersen (UK) - 2009年04月

Musik: No More - A1



前奏 : Intro: 36 counts start on vocal

## 第一段 Walk X2, Point Out-In-Out, Weave To L 走走, 右點-併點-右點, 藤步

- 1-2 Step R forward, step L forward 右足前走, 左足前走
- 3&4 Point R toe to R, touch R toe beside L, point R toe to R  
右足趾右點, 右足趾併點, 右足趾右點
- 5&6& Step R behind L, step L to L, cross R over L, step L to L  
右足併踏, 左足左踏, 右足於左足前交叉踏, 左足左踏
- 7&8 Step R behind L, step L to L, cross R over L  
右足於左足後踏, 左足左踏, 右足於左足前交叉踏

## 第二段 Lunge, Sailor ¼ L, Paddle ½ L, Rocking Chair 曲膝踏, 1/4轉水手, 左1/4划槳步二次, 搖椅步

- 1-2 Lunge L to L, recover onto R 左足左曲膝踏, 右足回復
- 3&4 Step L behind R, step R to R, make ¼ turn L step L forward  
左足於右足後踏, 右足右踏, 左轉90度左足前踏
- 5&6 Make ¼ turn L point R toe to R, make ¼ turn L hitch R knee, point R toe to R 左轉90度右足右點, 左轉90度右膝抬, 右足趾右點
- 7&8& Rock R forward, recover onto L, rock R back, recover onto L  
右足前下沉, 左足回復, 右足後下沉, 左足回復

**RESTARTS:** On wall 2, dance to count 16, then restart dance.

第二面牆跳至此, 從頭起跳

## 第三段 Heel, Hitch, Back Rock, Step, Heel Switches, & Step, Heel Bounce X2 ½ R 踵點, 抬, 後下沉 回復 踏, 踵收踵收, 踏 彈跳右轉

- 1-2 Touch R heel forward, hitch R knee 右足踵前點, 右膝抬
- 3&4 Rock R back, recover onto L, step R forward  
右足後下沉, 左足回復, 右足前踏
- 5&6& Touch L heel forward, step L beside R, touch R heel forward, step R beside L 左足踵前點, 左足併踏, 右足踵前點, 右足併踏
- 7&8 Step L forward, heel bounce twice making ½ turn R (Weight on L)  
左足前踏, 踵彈二次右轉180度(重心在左足)

## 第四段 Step, Touch, Heel Rocks, Side Toe Switches ½ R 後踏 後點, 踵下沉回復, 蒙特瑞轉1/2二次

- 1-2 Step R back, touch L toe back 右足後踏, 左足趾後點
- 3 Drop L heel down whilst rocking back onto L foot and raising R toes  
左足踵踏(左足後下沉, 右足趾抬)
- & Drop R toes down whilst rocking forward onto R foot and raising L heel  
右足趾踏(右足前下沉, 左足踵抬)
- 4 Drop L heel down whilst rocking back onto L foot and raising R toes  
左足踵踏(左足回復, 右足趾抬)
- 5&6& Point R toe to R, make ¼ turn R step R beside L, point L toe to L, step L beside R 右足趾右點, 右轉90度右足併踏, 左足趾左點, 左足併踏
- 7&8& Point R toe to R, make ¼ turn R step R beside L, point L toe to L, step L beside R 右足趾右點, 右轉90度右足併踏, 左足趾左點, 左足併踏

