

# Raise Your Glass (zh)

COPPER KNOB  
BY STEPHEN METZ

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Simon Ward (AUS) - 2010年11月

Musik: Raise Your Glass - P!nk



前奏 : Dance starts on vocals 唱歌起跳

## 第一段 Walk, Walk, Fwd Lock Fwd, Left Fwd ½ Pivot turn, ¾ turn right triple step

- 1-2 Step right forward, Step left forward  
右足前踏, 左足前踏
- 3-4 Step right forward, Lock/step left behind right, Step right forward  
右足前踏, 左足於右足後鎖踏, 右足前踏
- 5-6 Step left forward, Pivot ½ turn right taking weight onto right  
左足前踏, 右軸轉180度重心在右足
- 7&8 Turn a ½ turn right stepping left slightly forward, Turn a further ¼ turn right stepping right beside left, Step left beside right (3.00)  
右轉180度左足略前踏, 右轉90度右足併踏, 左足併踏(面向3點鐘)

## 第二段 Step right side, Left Fwd at 45 deg, Shuffle Fwd, Rock fwd back, Reverse full paddle turn left

- 1-2 Step right slightly right side, Step left slightly forward at 45 deg right (4.30) 右足略右踏, 左足略右斜角前踏  
面向4:30
- 3&4 Step right slightly forward, Step left beside right, Step right slightly forward 右足略前踏, 左足併踏, 右足略前踏
- 5-6 Rock/step left forward, Rock/recover weight back on right  
左足前下沉, 右足回復
- 7&8& Turn a 3/8 turn left stepping left to left, Turn a further ¼ turn left stepping right slightly behind left, Turn a further ¼ turn left stepping onto left, Turn a further ¼ turn left stepping right slight back (3.00)  
左轉135度左足左踏, 左轉90度右足略於左足後踏, 左轉90度左足踏, 左轉90度右足略後踏(面向3點鐘)

## 第三段 Step left side, Right Fwd at 45 deg. Shuffle Fwd, Rock fwd back, Shuffle to right side

- 1-2 Step left slightly to left side, Step right slightly forward at 45 deg left (1.30) 左足略左踏, 右足左斜角略右踏  
面向1:30
- 3&4 Step left slightly forward, Step right beside left, Step left slightly forward 左足略前踏, 右足併踏, 左足略前踏
- 5-6 Rock/step right forward, Rock/recover weight back on left  
右足前下沉, 左足回復
- 7&8 Turn a 1/8 turn right stepping right to right side, Step left beside right, Turn a ¼ right stepping right to right side (6.00)  
右轉45度右足右踏, 左足併踏, 右轉90度右足右踏(面向6點鐘)

## 第四段 Fwd ½ turn, Step right back, Left Coaster Step, Fwd Pivot ½ left, Heel switches

- 1-2 Step left forward turning a ½ turn right, Step back on right (12.00)  
右轉180度左足前踏, 右足後踏(面向12點鐘)
- 3&4 Step left back, Step right beside left, Step left forward  
左足後踏, 右足併踏, 左足前踏
- 5-6 Step right forward, Pivot ½ turn left taking weight onto left  
右足前踏, 左轉180度重心在左足
- 7&8 Touch right heel forward, Step right beside left, Touch left heel forward (6.00) 右足踵前點, 右足併踏, 左足踵前點(面向6點鐘)

## 第五段 Together, Rock fwd, back ½ turn right, Shuffle fwd, Large step fwd, ½ turn right, Together, Heel Switches

- &1-2 Step left beside right, Rock/step right forward, Rock back on left turning a ½ turn right (12.00)  
左足併踏, 右足前下沉, 左足回復右轉180度 (面向12點鐘)

- 3&4 Step right forward, Step left beside right, Step right forward  
右足前踏, 左足併踏, 右足前踏
- 5-6 Large step forward on left, Slide right to left turning a ½ turn right & step right beside left (6.00)  
左足前一大步, 右轉180度右足滑併踏(面向6點鐘)
- &7&8 Step left beside right, Touch right heel forward, Step right beside left, Touch left heel forward  
左足併踏, 右足踵前, 右足併踏, 左足踵前點

**第六段 Together, Fwd, ¼ Pivot left, Cross Ball Heel, Together Cross/step ¾ turn with hitch, Shuffle fwd on left**

- &1-2 Step left beside right, Step right forward, Pivot ¼ turn left taking weight onto left (3.00)  
左足併踏, 右足前踏, 左軸轉90度重心在左足(面向3點鐘)
- 3&4 Cross/step right over left, Step left to left side, Touch right heel at 45deg right 右足於左足前交叉踏, 左足左踏, 右足踵前點面向右45度
- &5-6 Step right beside left, Cross/step left over right, Step right to right side turning a ¾ turn left hitching left knee (6.00)  
右足併踏, 左足於右足前交叉踏, 左轉270度右足右踏左膝抬(面向6點鐘)
- 7&8 Step left forward, Step right beside right, Step left forward (\*\*)  
左足前踏, 右足併踏, 左足前踏

**Restarts:** On Wall 2 you will restart here (\*\*)  
第二面牆跳至此, 從頭起跳

**第七段 Point Right, Point Left, Right Heel Fwd, Left Heel Fwd, Rock fwd, back ½ turn right, Lock/step fwd**

- 1&2& Point right toe to right side, Step right beside left, Point left toe to left side, Step left beside right  
右足趾右點, 右足併踏, 左足趾左點, 左足併踏
- 3&4& Touch right toe forward, Step right beside left, Touch left toe forward, Step left beside right (\*\*\*)  
右足趾前點, 右足併踏, 左足趾前點, 左足併踏
- 5-6 Rock/step right forward, Rock back on left turning a ½ turn right (12.00)  
右足前下沉, 左足回復右轉180度(面向12點鐘)
- 7&8 Step right forward, Lock/Step left behind right, Step right forward  
右足前踏, 左足於右足後鎖踏, 右足前踏

**Restarts:** On Wall 5 you will restart here (\*\*\*)  
第五面牆跳至3&4&, 從頭起跳

**第八段 Rock fwd, Back ½ turn right, Fwd, Rock fwd, Back ½ turn left, Fwd, Step left fwd, Pivot ½ turn, Step left fwd**

- 1-2 Rock/step forward on left, Rock weight back on right turning a ½ turn left 左足前下沉, 右足回復左轉180度
- 3-4 Step slightly forward on left, Rock/step forward on right  
左足略前踏, 右足前下沉
- 5-6 Rock weight back on left turning a ½ turn right, Step slightly forward on right 左足回復右轉180度, 右足略前踏
- 7&8 Step left forward, Pivot ½ turn right taking weight onto right, Step left forward (6.00)  
左足前踏, 右軸轉180度重心在右足, 左足前踏(面向6點鐘)

**Ending:** You will finish on count 33 by stepping fwd right as you turn left to the front raising your glass with your right hand

結束: 第五段第1拍右足前踏後, 左轉至前面牆, 以右手舉杯姿勢結束舞曲

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