

# Jig It Up (吉格起舞) (zh)

COPPER KNOB  
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Maggie Gallagher (UK) - 2009年07月

Music: Toss the Feathers - The Corrs : (CD: Forgiven Not Forgotten)



前奏 : Intro: 32 counts (17 secs) CCW Rotation

- 第一段** **Cross Rock, Recover, Sycopated Weave Right, Rock, Recover, Weave Left** 交叉下沉 回復, 右藤步, 交叉下沉 回復, 左藤步
- 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 Step right next to left, Cross left over right  
右足併踏, 左足於右足前交叉踏
- &4 Step to right side, Cross left behind right  
右足右踏, 左足於右足後交叉踏
- &5 Step to right side, Cross rock left over right  
右足右踏, 左足於右足前交叉下沉
- 6 Recover onto right 右足回復
- &7 Step to left side, Cross right over left  
左足左踏, 右足於左足前交叉踏
- &8 Step to left side, Cross right behind left [12.00]  
左足左踏, 右足於左足後交叉踏(面向12點鐘)
- 第二段** **Together, Rock, Recover, Full Triple Right, Cross, Side, Sailor 1/4 Left** 併, 下沉 回復, 右三步轉圈, 交叉, 側, 左1/4轉水手
- & Step left next to right 左足併踏
- 1,2 Rock forward on right, Recover onto left  
右足前下沉, 左足回復
- 3&4 Triple full turn to right (R, L, R) (on the spot), [12.00]  
原地小三步右轉圈(右, 左, 右)(面向12點鐘)
- Option: Right Coaster 右海岸步
- 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, 1/4 turn left stepping right beside left, Step left to left side [9.00]  
左足於右足後交叉踏, 左轉90度右足併踏, 左足左踏(面向9點鐘)
- 第三段** **Heel Switches, Stomp Rocking Chair, Step, Right Scuff-Hitch-Cross**  
踵收交換, 重踏搖椅, 踏, 擦踢 抬 交叉
- 1&2 Tap right heel forward, Step left next to right, Tap left heel forward [9.00] 右足踵前點, 左足併踏, 左足踵前點(面向9點鐘)
- &3 Step left next to right, Touch right toe behind left  
左足併踏, 右足趾於左足後點
- &4 Step right next to left, Tap left heel forward  
右足併踏, 左足踵前點
- &5 Step left next to right, Stomp rock forward onto right  
左足併踏, 右足前交叉重踏
- &6 Rock back onto left, Step back on right  
左足回復, 右足後踏

- & Step forward onto left 左足前踏
- 7&8 Scuff right forward, Hitch right across left, Cross right over left [9.00] 右足前擦踢, 右足於左足前交叉抬, 右足於左足前交叉踏
- 第四段** Turn 1/4 Right, 1/2 Right, 1/4 Right With Side Rock, Recover, Cross, 1/4, 1/4, 1/2 Hinge Side Rock, Recover  
右1/4, 右1/2, 右1/4帶側下沉, 交叉, 1/34, 1/4, 1/2側下沉 回復
- 1,2 1/4 turn right stepping back on left, 1/2 turn right stepping forward on right [6.00]  
右轉90度左足後踏, 右轉180度右足前踏(面向6點鐘)
- 3&4 1/4 turn right rocking out to left, Recover onto right, cross left over right [9.00]  
右轉90度左足左下沉, 右足回復, 左足於右足前交叉踏(面向9點鐘)
- 5,6 1/4 turn left stepping back on right, 1/4 turn left stepping left to left side [3.00]  
左轉90度右足後踏, 左轉90度左足左踏(面向3點鐘)
- 7,8 1/2 hinge turn left rocking out to right side, Recover onto left. [9.00] 左轉180度右足右下沉, 左足回復(面向9點鐘)
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