

# 8-9-10 Let's Do It Again (再來一次) (zh)

Compte: 32

Mur: 3

Niveau: Intermediate



Chorégraphe: Peter Metelnick (UK) & Alison Metelnick (UK)

Musique: Instant Replay - Dan Hartman

## 第一面牆 (8套4拍共32拍)

**第一段**      **RIGHT & LEFT FORWARD, RIGHT HEEL FORWARD, RIGHT TOES BACK, RIGHT FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN**  
**踏步, 踵前點, 趾後點, 前交換步, 踏轉**

1-2            Step right forward, step left forward  
走 走            右足前踏, 左足前踏

3-4            Touch right heel forward, touch right toes back  
前踵 後趾        右足踵前點, 右足趾後點

5&6前交換    Step right forward, step left together, step right forward  
右足前踏, 左足併踏, 右足前踏

7-8踏轉        Step left forward, pivot ½ right  
左足前踏、右軸轉180度(面向6點鐘)

**第二段**      **LEFT & RIGHT FORWARD, LEFT HEEL FORWARD, LEFT TOES BACK, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ¼ LEFT PIVOT TURN**  
**踏步, 踵前點, 趾後點, 前交換步, 踏轉**

1-2            Step left forward, step right forward  
走 走            左足前踏, 右足前踏

3-4            Touch left heel forward, touch left toes back  
前踵 後趾        左足踵前點, 左足趾後點

5&6前交換    Step left forward, step right together, step left forward  
左足前踏, 右足併踏, 左足前踏

7-8踏 轉90    Step right forward, pivot ¼ left  
右足前踏, 左軸轉90度(面向3點鐘)

**第三段**      **SYNCOPATED WEAVE LEFT, LEFT SIDE ROCK & RECOVER, LEFT BEHIND, ¼ RIGHT & RIGHT FORWARD, LEFT FORWARD**  
**變奏左藤步, 左下沉回復, 左後, 右轉1/4前踏, 左前踏**

1-2            Cross step right over left, step left to left side  
變奏藤步        右足於左足前交叉踏, 左足左踏

3&4            Cross step right behind left, step left to left side, cross step right over left    右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5-6            Left side rock, recover weight on right  
左下沉回復     左足左下沉, 右足回復

7&8            Cross step left behind right, turning ¼ right step right forward, step left forward  
後 右90 踏     左足於右足後交叉踏, 右足右轉90度前踏, 左足前踏(面向6點鐘)

**第四段**      **RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT KICK BALL CHANGE, RIGHT FORWARD, ¼ LEFT PIVOT TURN**    **前踏轉、踢交換步**

1&2 踏 轉        Step right forward, pivot ½ left  
右足前踏, 左軸轉180度(面向12點鐘)

3&4 Kick ball change    Kick right forward, step right together, step forward  
右足前踢, 右足併踏, 左足前踏

5-6            Step right forward, pivot ¼ left  
踏 轉90        右足前踏, 左軸轉90度(面向9點鐘)

7&8 Kick ball change Kick right forward, step right together, step left forward  
右足前踢, 右足併踏, 左足前踏

**For "9" wall add the following after completing 1st 32 counts**  
**第二面牆(9套4拍共36拍), 跳完第一面牆32拍後, 面向6:00加跳4拍**

1&2 Touch right heel forward, step right together, touch left heel forward  
踵收踵 右足踵前點, 右足併踏, 左足踵前點

&3-4 Step left together, touch right toes to right side, hold (weight remains on left foot)  
收點停 (拍手) 左足併踏, 右足趾右點, 候

**For "10" wall add the following after completing 1st 32 counts**  
**第三面牆(10套4拍共40拍), 跳完第一面牆32拍面向3:00加跳8拍**

**爵士方塊右轉90度、爵士方塊右轉180度、(雙手平行展開似展翅飛行狀)**

1-4 Cross step right over left, step left back, turning ¼ right step right to side, step left forward  
90 右足於左足前交叉踏、左足踏、右足右轉90度踏、左足前踏  
Jazzbox

5-8 Cross step right over left, turning ¼ right step left back, turning ¼ right step right forward, step left forward  
180 右足於左足前交叉踏、左足右轉90度後踏、右足右轉90度前踏、左足前踏  
Jazzbox

Dance will end on "9" wall ending with right toe to right side & hold  
結束在第二面牆(9套4拍)右足趾右點 & 候

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