

# Chasing A Thrill (激動不已) (zh)

COPPER KNOB  
BY STEPHEN METZ

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Sadijah Heggernes (NOR/UK) - 2009年04月

Musique: Chasing A Thrill - Jeanette : (CD: Undress To The Beat)



前奏 : 32 Count Intro – Start on main vocals

## 第一段 Ball Cross, Hold, Rock & Cross, Step ¼ Turn, Side, Cross Shuffle 踏交叉, 候, 下沉交叉, 踏轉1/4, 側, 交叉交換

8&1-2 Step right to right side. Cross left over right. Hold  
右足右踏, 左足於右足前交叉踏, 候

3&4 Rock right to right side. Rock weight back on left. Cross right over left 右足右下沉, 左足後回復, 右足於左足前交叉踏

5-6 ¼ turn right stepping back on left. Step right to right side [3:00] 右轉90度左足後踏, 右足右踏(面向3點鐘)

7&8 Cross left over right. Small step with right to right side. Cross left over right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

## 第二段 Ball Cross, Hold, Rock & Cross, Step ¼ Turn, Side, Cross Shuffle 踏交叉, 候, 下沉交叉, 踏轉1/4, 側, 交叉交換

8&1-2 Step right to right side. Cross left over right. Hold  
右足右踏, 左足於右足前交叉踏, 候

3&4 Rock right to right side. Rock weight back on left. Cross right over left 右足右下沉, 左足後回復, 右足於左足前交叉踏

5-6 ¼ turn right stepping back on left. Step right to right side [6:00] 右轉90度左足後踏, 右足右踏(面向6點鐘)

7&8 Cross left over right. Small step with right to right side. Cross left over right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

## 第三段 Side Rock, Rock Back, ¼ Pivot, Shuffle 側下沉, 後下沉, 轉1/4, 交換步

1-2 Rock right to right side. Rock weight back onto left  
右足右下沉, 左足後回復

3-4 Rock back on right. Rock forward on left  
右足後下沉, 左足前回復

5-6 Step forward on right. ¼ pivot left (weight on left) [3:00]  
右足前踏, 左轉90度重心在左足(面向3點鐘)

7&8 Step forward on right.. Close left beside right. Step forward on right 右足前踏, 左足併踏, 右足前踏

## 第四段 Heel Switches, Hold, Touch, ¼ Turn, Cross, Touch 踵交換, 候, 點, 轉1/4, 交叉, 點

1& Touch left heel forward. Step left beside right  
左足踵前點, 左足併踏

2& Touch right heel forward. Step right beside left  
右足踵前點, 右足併踏

3-4 Touch left heel forward. Hold 左足踵前點, 候

5-6 Touch left behind right. ¼ pivot left keeping weight on left [12:00] 左足於右足後點, 左轉90度重心在左足(面向12點鐘)

7-8 Cross right over left. Step left to left side  
右足於左足前交叉踏, 左足左踏

**第五段 & Cross, Hold, Step, Heel, Hold, Kick Ball Step x2**  
**&交叉, 候, 踏, 踵, 候, 踢交換步二次**

&1-2 Small step back on left. Cross right over left. Hold  
左足後踏, 右足於左足前交叉踏, 候

&3-4 ¼ turn right stepping back on left. Touch right heel forward [3:00] 右轉90度左足後踏, 右足踵前點(面向3點鐘)

5&6 Kick right forward. Step down on right. Step forward on left  
右足前踏, 右足踏, 左足前踏

7&8 Kick right forward. Step down on right. Step forward on left  
右足前踢, 右足踏, 左足前踏

**第六段 Step, Heel Bounce ½ Turn, Monterey ¼ Turn, Step**  
**踏, 踵彈轉1/2, 蒙特瑞轉1/4, 踏**

1 Step forward on right 右足前踏

2-4 Bounce both heels ½ turn left (weight stays on left) [9:00]  
雙足踵以3拍左彈轉180度(重心在左足)(面向9點鐘)

5-6 Point right to right side. ¼ turn right on ball of left. Step right beside left [12:00]  
右足右點, 右轉90度重心在左足, 右足併踏(面向12點鐘)

7&8 Touch left to left side. Step left beside right. Step forward on right 左足左點, 左足併踏, 右足前踏

**第七段 Step, Pivot, Side, Behind Side Cross, Side, Together, Forward**  
**踏, 轉, 側, 後側交叉, 側, 併, 前**

1-2 Step forward on left. Pivot ½ turn right [6:00]  
左足前踏, 右轉180度(面向6點鐘)

3 Step left to left side 左足左踏

4&5 Cross right behind left. Small 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

6-8 Step left to left side. Close right beside left. Step left forward 左足左踏, 右足併踏, 左足前踏

**第八段 Side, Behind, Chasse, Cross, Back, Out, Out, Hold**  
**側, 後, 追步, 交叉, 後, 外, 外, 候**

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. Close left beside 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 back on right  
左足於右足前交叉踏, 右足後踏

&7-8 Step out on left to left side. Step out on right to right side. Hold (weight stays on left) [6:00]  
左足左踏, 右足右踏, 候(重心在左足)(面向6點鐘)

---