

Gave It All Away (付出一切) (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Improver
编舞者: Maggie Gallagher (UK) - 2010年02月
音乐: Gave It All Away - Boyzone : (CD: Brother)



前奏 : Intro: 16 counts (18 secs) (Dance moves CW)

- 第一段** **Rock Fwd., Recover, 1/2 Right Rock, Recover, Rock Back, Recover, 1/2 Left, 1/4 Left, Cross, Side Rock, Recover, Cross, Side Rock, Recover**
下沉, 回復, 1/2下沉, 回復, 後下沉, 回復, 1/2 1/4, 交叉, 側下沉, 回復, 交叉, 側下沉, 回復
- 1& Rock forward on right, Recover onto left [12.00]
右足前下沉, 左足回復(面向12點鐘)
- 2& Make 1/2 turn right rocking forward onto right, Recover onto left [6.00]
右轉180度右足前下沉, 左足回復(面向6點鐘)
- 3& Rock back onto right, Recover onto left
右足後下沉, 左足回復
- 4& Make 1/2 turn left stepping back on right, Make 1/4 turn left stepping left to left side [9.00]
左轉180度右足後踏, 左轉90度左足左踏(面向9點鐘)
- 5,6& Cross right over left, Rock out to left side, Recover onto right
右足於左足前交叉踏, 左足左下沉, 右足回復
- 7,8& Cross left over right, Rock out to right side, Recover onto left [9.00]
左足於右足前交叉踏, 右足右下沉, 左足回復(面向9點鐘)
- 第二段** **Cross Rock, Recover, Side Right, Cross Rock, Recover, Side Rock, Recover, Cross Rock, Recover, Side Left, Cross Rock, Recover, Side Rock, Recover** 交叉下沉, 回復, 側, 交叉下沉, 回復, 側下沉, 回復
- 1,2& Cross rock right over left, Recover onto left, Step right to right side 右足於左足前交叉下沉, 左足回復, 右足右踏
- 3& Cross rock left over right, Recover onto right
左足於右足前交叉下沉, 右足回復
- 4& Rock out to left side, Recover onto right
左足左下沉, 右足回復
- 5,6& Cross rock left over right, Recover onto right, Step left to left side 左足於右足前交叉下沉, 右足回復, 左足左踏
- 7& Cross rock right over left, Recover onto left
右足於左足前交叉下沉, 左足回復
- 8& Rock out to right side, Recover onto left [9.00]
右足右下沉, 左足回復(面向9點鐘)
- 第三段** **Right Coaster, Full Turn Right, Step, Together, Rock Fwd, Back With Drag, Back, Right Ronde Kick, Cross Behind, Side Left**
海岸步, 右轉圈, 踏, 併, 前下沉, 後帶拖, 後, 踢繞, 後交叉, 側
- 1&2 Step back on right, Step left beside right, Step forward on right
右足後踏, 左足併踏, 右足前踏
- 3&4 1/2 turn right stepping back on left, 1/2 turn right stepping forward on right, Step forward on left [9.00]
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏(面向9點鐘)
- &5,6 Step right beside left, Rock forward onto left, Step back on right dragging left towards right
右足併踏, 左足前下沉, 右足後踏左足拖併
- 7& Walk back on left, Low ronde kick on right sweeping right behind left 左足後走, 右足略踢右足繞至左足後
- 8& Cross right behind left, Step left to left side [9.00]
右足於左足後交叉踏, 左足左踏(面向9點鐘)

第四段 Side Right With Drag, Rock Back, Recover, Big Side Left With Drag, Rock Back, Recover, 1/2 Left, Rock Back, Recover, Walk, Run, Run
側帶拖 後下沉 回復, 側帶拖 後下沉 回復, 轉, 後下沉 回復, 走, 跑, 跑

1 Take big step to right side dragging left to meet right
右足右一大步左足拖併

2& Rock back on left, Recover onto right
左足後下沉, 右足回復

3,4& Take big step to left side dragging right to meet left, Rock back on right, Recover onto left
左足左一大步右足拖併, 右足後下沉, 左足回復

5 1/2 turn left stepping back on right [3.00]
左轉180度右足後踏

6& Rock back on left, Recover onto right
左足後下沉, 右足回復

7,8& Walk forward on left, Run right, Run left [3.00]
左足前走, 右足前跑, 左足前跑(面向3點鐘)

TAG: 4 counts at END of wall 6 (facing back wall)
加拍:第六面牆(面向後面牆)加4拍

Right Mambo Forward, Left Coaster Step
前曼波, 海岸步

1&2 Right mambo forward, Recover onto left, Step right beside left
右足前曼波, 左足回復, 右足併踏

3&4 Step back on left, Step right next to left, Step forward on left
左足後踏, 右足併踏, 左足前踏
