Memphis Master (曼菲斯精神) (zh)

拍数: 64 **墙数:** 2 **级数:** Intermediate/Advanced

编舞者: Rachael McEnaney (USA) - 2009年02月

音乐: Memphis (Master Blaster Radio Mix) - Master Blaster

前奏： Dance starts 16 counts from start of track – on vocals. The first 32 counts of dance do not have a strong beat

第一段	**2 Walks, Rock Forward, Full Turn Left Triple Step (Or Coaster), Rock Forward 走走, 前下沉, 左三步轉圈(或海岸步), 前下沉**
1-4 走 走 下沉回復	Walk forward on left (1), walk forward on right (2), rock forward on left (3), recover weight onto right (4) [12.00] 左足前走, 右足前走, 左足前下沉, 右足回復(面向12點鐘)
5&6,7-8 轉圈 下沉回復	Make full turn left in place stepping left right left (5&6) (easy option: left coaster step), rock forward on right (7), recover weight onto left (8) [12.00] 左轉圈-左, 右, 左(簡易版：左海岸步), 右足前下沉, 左足回復(面向12點鐘)
第二段	**¾ Turn Right, Behind Side Cross, Grapevine With ¼ Turn Shuffle 轉 1/4, 後 旁 前, 藤步, 轉1/4前交換**
1-2 180 90	Make ½ turn right stepping forward on right (1), make ¼ turn right stepping left to left side (2) [9.00] 右轉180度右足前踏, 右轉90度左足左踏
3&4 後旁前	Cross right behind left (3), step left to left side (&), cross right over left (4) [9.00] 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏(面向9點鐘)
5-6 踏 交叉	Step left to left side (5), cross right behind left (6), [9.00] 左足左踏, 右足於左足後交叉踏(面向9點鐘)
7&8 轉交換	Make ¼ turn left stepping forward left (7), step right next to left (&), step forward on left (8) [6.00] 左轉90度左足前踏, 右足併踏, 左足前踏(面向6點鐘)
第三段	**Right Heel, Left Toe Back, Left Heel, Right Toe Back, Right Heel And Toe Switches With ¼ Turn Left 右踵, 左趾後, 左踵, 右趾後, 右踵趾交換左轉1/4**
1&2 點收點	Touch right heel forward (1), step right next to left (&), touch left toe back (2) [6.00] 右足踵前點, 右足併踏, 左足趾後點(面向6點鐘)
3&4 點收點	Touch left heel forward (3), step left next to right (&), touch right toe back (4) [6.00] 左足踵前點, 左足併踏, 右足趾後點(面向6點鐘)
5&6 點收點	Touch right heel forward (5), step right next to left (&), touch left toe back (6) [6.00] 右足踵前點, 右足併踏, 左足趾後點(面向6點鐘)
&7&8 90點收點	Make ¼ turn left stepping left next to right (&), touch right toe back (7), step right next to left (&), touch left heel forward (8) 3.00] 左轉90度左足併踏, 右足趾後點, 右足併踏, 左足踵前點(面向3點鐘)
第四段	**Right Side Rock, Right Cross Shuffle, ¾ Turn Stepping Left Right, Rock Forward Left 右下沉, 右交叉交換, 轉3/4左踏右踏, 左前下沉**
&1-2 併 下沉回復	Step left next to right (&), rock right to right side (1), recover weight onto left (2) [3.00] 左足併踏, 右足右下沉, 左足回復(面向3點鐘)
3&4 交叉交換	Cross right over left (3), step left next to right (&), cross right over left (4) [3.00] 右足於左足前交叉踏, 左足併踏, 右足於左足前交叉踏(面向3點鐘)
5-6 90 180	Make ¼ turn right stepping back on left (5), make ½ turn right stepping forward on right (6) [12.00] 右轉90度左足後踏, 右轉180度右足前踏(面向12點鐘)
7-8 下沉回復	Rock forward on left (7), recover weight onto right (8) 左足前下沉, 右足回復

TAG 1: AFTER count 32 on wall 3 (facing 12.00) & wall 4 (6.00) do the 4 counts below then CONTINUE from counts 33
第三面牆跳至此面向12點鐘, 第四面牆面向6點鐘時, 加下列4拍後繼續往下跳

1-4 後 Rocking chair
Rock back on left (1), recover weight to right (2), rock forward on left (3), recover weight to right (4)
左足後下沉, 右足回復, 左足前下沉, 右足回復

第五段 2 Walks Back, Left Coaster Step, 3 Walks Forward, ¼ Left Kick
後走走, 左海岸步, 前走走走, 左90踢

1-2-3&4 走 走coaster
Walk back on left (1), walk back on right (2), step back on left (3), step right next to left (&), step forward on left (4) [12.00]
左足後走, 右足後走, 左足後踏, 右足併踏, 左足前踏

5-8 走走走踢
Walk forward on right (5), walk forward on left (6), walk forward on right (7), make ¼ turn left kicking left foot forward (8) [9.00]
右足前走, 左足前走, 右足前走, 左轉90度左足前踢(面向9點鐘)

第六段 2 Walks Back, Left Coaster Step, Right Shuffle, ¾ Turn Right Stepping Left Right 後走走, 左海岸步, 右交換步, 右轉3/4左踏右踏

1-2-3&4 走 走coaster
Walk back on left (1), walk back on right (2), step back on left (3), step right next to left (&), step forward on left (4) [9.00]
左足後走, 右足後走, 左足後踏, 右足併踏, 左足前踏(面向9點鐘)

5&6-7-8 前交換 180 90
Step forward on right (5), step left next to right (&), step forward on right (6), make ½ turn left stepping back on right (7), make ¼ turn right stepping right to right side (8) [6.00]
右足前踏, 左足併踏, 右足前踏, 左轉180度右足後踏, 右轉90度右足右踏

第七段 Cross, Side, Left Sailor With Kick, Ball Cross, ¼ Turn, ¼ Side Shuffle
交叉, 側, 左水手踢, 併交叉, 轉1/4, 1/4轉交換

1-2-3&4 交叉 右踏 後旁踢
Cross left over right (1), step right to right side (2), cross left behind right (3), step right next to left (&), kick left to left diagonal (4) [6.00]
左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏, 右足併踏, 左足斜角線踢(面向6點鐘)

&5-6 踏 交叉 90
Step in place with ball of left (&), cross right over left (5), make ¼ turn right stepping back on left (6) [9.00]
左足踏, 右足於左足前交叉踏, 右轉90度左足後踏(面向9點鐘)

7&8 轉交換
Make ¼ turn right stepping right to right side (7), step left next to right (&), step right to right side (8) [12.00]
右轉90度右足右踏, 左足併踏, 右足右踏(面向12點鐘)

第八段 Left Cross Rock, Right Cross Rock, Pivot Turn, Full Turn (Or 2 Walks)
左交叉下沉, 右交叉下沉, 踏轉, 轉圈

1-2&3-4 交叉下沉 回復左 交叉下沉 回復
Cross rock left over right (1), recover weight to right (2), step left to left side (&) cross rock right over left (3), recover weight to left (4) [12.00]
左足於右足前交叉下沉, 右足回復, 左足左踏, 右足於左足前交叉下沉, 左足回復(面向12點鐘)

&5-6 右踏 右踏 轉
Step right to right side (&), step forward on left (5), pivot ½ turn right (6) [12.00] 右足右踏, 左足前踏, 右轉180度(面向12點鐘)

7–8 轉轉
Make ½ turn right stepping back on left (7), make ½ turn right stepping forward on right (8) (Easy option: walk forward left, right)
右轉180度左足後踏, 右轉180度右足前踏(簡易版:左足前走, 右足前走)

TAG 2: At END of dance on wall 6 (facing 12.00) do the 4 counts below then continue from beginning 第六面牆結束面向12點鐘加做這4拍後從頭起跳

1-4 前 Rocking chair
Rock forward on left (1), recover weight to right (2), rock back on left (3), recover weight to right (4)
左足前下沉, 右足回復, 左足後下沉, 右足回復