

# Boomerang (自作自受) (zh)

COPPER KNOB  
BY STEPHENETS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Teresa Lawrence (UK) & Vera Fisher (UK) - 2010年07月  
音乐: Just Like a Boomerang - Andrés Esteche



前奏: Start dance 32 counts in on vocals.

**第一段**      **Rock Back Replace Triple 1/2 L. Rock Back Replace Shuffle 1/4 Turn R.** 後下沉 回復, 三步左轉, 後下沉 回復, 右1/4左追步

1-2,3&4      Rock back on R, replace weight to L, triple 1/2 turn L stepping R,L,R  
右足後下沉, 左足回復, 小三步左轉180度-右, 左, 右

5-6,7&8      Rock back on L, replace weight to R, make 1/4 turn R and chasse L to L side (9) 左足後下沉, 右足回復, 右轉90度左追步

(Harder option for counts 7&8: 1-1/4 turn. Make 1/2 turn R stepping back on L, make further 1/2 turn R stepping fwd on R, make further 1/4 turn R stepping L to L side

7&8拍進階版: (轉1又1/4圈)右轉180度左足後踏, 右轉180度右足前踏, 右轉90度左足左踏

**第二段**      **Cross Side Cross Side Step. Rocking Chair. "High & Low"**  
交叉 側 交叉 側 前, 搖椅步(雙手擺高擺低)

1-2,3&4      Cross R over L, small step L to L side, cross R over L, small step L to L side, step fwd on R  
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏, 左足左踏, 右足前踏

5-8      Rock fwd on L, replace weight to R, rock back on L, replace weight to R (9) 左足前下沉, 右足回復, 左足後下沉, 右足回復(面向9點鐘)

Option:      In parts of the music they will sing "High & Low" on the rocking chair. Swing your arms up on the rock fwd & swing them back down on the rock back!  
在搖椅步時音樂唱到"High & Low"前下沉時雙手高舉, 後下沉時雙手後擺

**第三段**      **Step Ball Change X2. Pivot 1/2 Full Turn**  
森巴二次, 踏 轉 轉 轉

1&2,3&4      Step fwd L, rock out to R side on ball of R, replace weight to L, step fwd on R, rock out to L side on ball of L, replace weight to R  
左足前踏, 右足右下沉, 左足回復, 右足前踏, 左足左下沉, 右足回復

5-8      Step fwd L, pivot 1/2 R, make full turn R travelling fwd stepping L,R. (Option: 2 walks fwd) (3)  
左足前踏, 右軸轉180度, 右轉180度左足踏, 右轉180度右足踏(簡易版:前走兩步)(面向3點鐘)

**第四段**      **Rock Fwd Replace Shuffle Back. Step Back Hold & Rock Fwd Replace**  
下沉 回復, 後交換, 後踏 候, 併 下沉 回復

1-2,3&4      Rock fwd on L, replace weight to R, shuffle back on L.  
左足前下沉, 右足回復, 左後交換

5&6,7&8      Step back on R and bring L heel up bending L knee slightly, hold, bring L next to R, rock fwd on R, replace weight back to L. (3)  
右足後踏左足踵抬左膝略彎, 候, 左足併踏, 右足前下沉, 左足回復(面向3點鐘)

**TAG:** On the END of wall 6 repeat 5-6&7-8 of section 4.  
第六面牆結束, 重覆第四段 5-6&7-8

**第五段**      **Back Back Coaster, Ball Step, Side Rock, Replace 1/4. Shuffle**  
後 後, 海岸步, 併 踏, 側下沉 回復1/4, 交換步

1-2,3&4      Walk back R,L, R coaster step 右足後走, 左足後走, 海岸步

&5&6,7&8&1      Small step fwd on ball of L, step fwd on R, rock L to L side, replace weight to R making 1/4 turn R, shuffle fwd L. (6)  
左足略前踏, 右足前踏, 左足左下沉, 右足回復右轉90度, 前交換(面向6點鐘)

Option: In parts of the music they will sing "clap your hands & stomp your feet". 音樂唱到"clap your hands & stomp your feet"  
選擇版

On counts &5, the ball step, clap hands x2. &5, 拍手二次

On counts &1, the last 2 steps of your shuffle, stomp!  
8&1, 前交換最後的2拍(&1)用重踏的

**第六段 Rock Fwd Replace Coaster Step. Rock Fwd Replace Step Back**  
下沉 回復, 海岸步, 前曼波

2-3,4&5 Rock fwd on R, replace weight back to L, R coaster step.  
右足前下沉, 左足回復, 右海岸步

6-8 Rock fwd on L, replace weight back to R, step back on L. (6)  
左足前下沉, 右足回復, 左足後踏

**\* For the FIRST 3 walls of the dance do the full 48 counts. Then just do the first 32, sections 1-4, for the rest of the track.**

跳完前面三面牆, 最後第四面牆只跳前四段32拍

**ENDING:** You will be facing the 9 o'clock wall. There is 1 beat of music left. Touch R toe back and make 1/4 turn R to face front wall. Done!

面向9點鐘, 剩1拍音樂, 右足後點右轉90度面向前面牆, 結束!

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