

# Go Jaded (zh)

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Michele Perron (CAN) & Frank Trace (USA) - 2010年12月  
音乐: I'm Not Contagious - Chromeo : (CD: Business Casual)



前奏 : Introduction: After the instrumental intro, there is a pause in the music and then the beat kicks in with some vocals, begin your 32 Count introduction at this point, dance begins on lyrics "Look around...."

## 第一段      **Forward, Across, Back, Side [Jazz Box]; Across, Turn, Side, Across** 爵士方块, 右1/4爵士方块交叉

- 1-2      Right Step forward, Left Step across front of R  
右足前踏, 左足於右足前交叉踏
- 3-4      Right Step back, Left Step side L  
右足後踏, 左足左踏
- 5-6      Right Step across front of L, Left Step back & crossed behind R with 1/4 Turn R (3 o'clock)  
右足左足前交叉踏, 右轉90度左足於右足後交叉踏(面向3點鐘)
- 7-8      Right Step side R, Left Step across front of R  
右足右踏, 左足於右足前交叉踏

## 第二段      **Side, Hold/Clap, Hip Bumps: L,R, Forward- Lock-Forward, Hitch** 側, 候(拍手), 推臀-左, 右, 斜角前鎖步, 抬

- 1-2      RIGHT Step side R, HOLD and Clap hands to R side  
右足右踏, 候(在右邊拍手)
- 3-4      Hip Bump side L. Hip Bump side R [weight on R]  
左推臀, 右推臀(重心在右足)
- 5-6      Left Step forward diagonal L, Right Lock/Step forward and behind L  
左足左斜角前踏, 右足於左足後鎖踏
- 7-8      Left Step forward diagonal L, Right Knee hitch  
左足左斜角前踏, 右膝抬

## 第三段      **Walks Back/Turn, Hitch, Syncopated Bumps L,R** 後走三步帶右轉1/4, 抬, 左推臀, 右推臀

- 1-4      Right, Left, Right Steps back with 1/4 Turn R, Left Knee hitch (6 o'clock)  
三步後走步右轉90度-右, 左, 右, 左膝抬(面向6點鐘)  
make an 'arc shape' using all three walks back to execute the turn on Counts 1-3 前三拍的後走步, 做一個弧形轉
- 5&6      Left Step forward diagonal L with L hip bump, Hip bump back, Hip bump forward diagonal L  
左足左斜角前踏左推臀, 後推臀, 左斜角前推臀
- 7&8      Right Hip bump back diagonal R, Hip Bump forward, Hip bump back diagonal R [weight on R]  
右斜角後推臀, 前推臀, 右斜角後推臀(重心在右足)

## 第四段      **Turn 1/4 L, Side, Behind- Side-Cross, Monterey 1/2 Turn R** 左1/4交叉 側, 後 旁 前, 蒙特瑞轉

- 1-2      Turn 1/4 L with Left Step forward & across front of R, Right Step side R (3 o'clock)  
左轉90度左足於右足前交叉踏, 右足右踏(面向3點鐘)
- 3&4      Left Step crossed behind R, Right step side R, Left Step across front of R 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 5-6      Right Toe/Touch side R, Turn 1/2 R with Right Step beside L (9 o'clock) 右足趾右點, 右轉180度右足併踏(面向9點鐘)
- 7-8      Left Toe/Touch side L, Left Step beside R  
左足趾左點, 左足併踏

**ENDING: Dance ends on the front wall. Step forward on R & strike a "GO JADED" Pose.**

結束: 結束時會面向前面牆, 右足前踏, 擺個姿勢

