

All Over Now (zh)

拍數: 64 牆數: 2 級數: Intermediate
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音樂: All Over Now - Eric Hutchinson : (CD: Sounds Like This)



前奏 : 32 count intro. 32拍後起跳

第一段 Right Diagonal Step Heel Toe Twist, Touch, Left Diagonal Step Heel Toe Twist, Touch

- 1-2 Step right diagonally forward right. Twist left heel in towards right. 右足斜角前踏, 左足踵向右旋轉
- 3-4 Twist left toes in towards right. Touch left beside right.
左足趾向右旋轉, 左足併點
- 5-6 Step left diagonally forward left. Twist right heel in towards left.
左足斜角前踏, 右足踵向左旋轉
- 7-8 Twist right toes in towards left. Touch right beside left.
右足趾向左旋轉, 右足併點

第二段 Skates Back with Drags

- 1-2 Step right diagonally back right. Drag left towards right.
右足斜角後踏, 左足拖併
- 3-4 Step left diagonally back left. Drag right towards left.
左足斜角後踏, 右足拖併
- 5-6 Step right diagonally back right. Drag left towards right.
右足斜角後踏, 左足拖併
- 7-8 Step left diagonally back left. Drag right towards left.
左足斜角後踏, 右足拖併

第三段 Grapevine Right, 1/4 Turn, Scuff 1/4 Turn, Side Left, Touch, Side Right, Scuff

- 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 1/4 turn right. Scuff left forward making 1/4 turn right
右轉90度右足踏, 右轉90度左足擦踢
- 5-6 Step left to left side. Touch right beside left.
左足左踏, 右足併點
- 7-8 Step right to right side. Scuff left forward.
右足右踏, 左足前擦踢

第四段 Jazz Box, Step 1/2 Pivot Step, Hold

- 1-2 Cross left over right. Step back on right.
左足於右足前交叉踏, 右足後踏
- 3-4 Step left to left side. Step forward right.
左足左踏, 右足前踏
- 5-6 Step forward left. Pivot 1/2 turn right.
左足前踏, 右軸轉180度
- 7-8 Step forward left. Hold. 左足前踏, 候

第五段 3/4 Paddle Turn, Right Shuffle Forward

- 1-2 Make 1/4 turn left, pointing right to right side. Hold
左轉90度右足右點, 候
- 3-4 Make 1/2 turn left, pointing right to right side. Hold.
左轉180度右足右點, 候

5-6 Step forward right. Step left beside right.
右足前踏, 左足併踏

7-8 Step forward right. Hold. 右足前踏, 候

第六段 Step 1/2 Pivot Step, Forward Full Turn Left, 1/4 Turn Left, Sweep

1-2 Step forward left. Pivot 1/2 turn right.
左足前踏, 右軸轉180度

3-4 Step forward left. Hold. 左足前踏, 候

5-6 Make 1/2 turn left stepping back on right. Make 1/2 turn left stepping forward on left. 左轉180度右足後踏,
左轉180度左足前踏

7-8 Make 1/4 turn left (weight remains on left). Sweep right around and in towards left. 左轉90度(重心仍在
左足), 右足繞至右

RESTART DURING wall 5, restart dance at this point.

第五面牆跳至此, 從頭起跳

第七段 Side Right, Hook, Side Left, 1/4 Turn Hook, Right Shuffle Forward

1-2 Step right to right side. Hook left in front of right.
右足右踏, 左足於右足前勾

3-4 Step left to left side. Make 1/4 turn right hooking right in front of left. 左足左踏, 右轉90度右足於左足前勾

5-6 Step forward on right. Step left beside right.
右足前踏, 左足併踏

7-8 Step forward on right. Hold. 右足前踏, 候

第八段 Step 1/2 Pivot, Forward 1/2 Turn, Hold, Forward 3/4 Turn with Hitches

1-2 Step forward left. Pivot 1/2 turn right. 左足前踏, 右軸轉180度

3-4 Make 1/2 turn right stepping back on left. Hold
右轉180度左足後踏, 候

5-6 Make 1/2 turn right stepping forward on right. Hitch left knee up.
右轉180度右足前踏, 左膝抬

7-8 Make 1/4 turn right stepping left to left side. Hitch right knee up.
右轉90度左足左踏, 右膝抬
