

# Cheetah (zh)

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Master In Line  
音樂: Cheater - Michael Jackson



前奏 : Intro : 16 counts from the heavy beat (approx 17sec)

## 第一段 Walk right, left, right, rock, recover, step, tap, step, rock, ball-cross

- 1-3 Walk forwards right, left, right 前走步-右, 左, 右  
&4 Rock left out to left side (&), recover weight onto right  
左足左下沉, 右足回復  
5&6 Cross left over right, tap right beside left (&), step right to right diagonal 左足於右足前交叉踏, 右足併點, 右足右斜角前下沉  
7&8 Rock weight back onto left, step right beside left (&), cross step left over right 左足回復, 右足併踏, 左足於右足前交叉踏

## 第二段 Hip bumps, hold, bump, hitch, ¼ left, ¼ left, ½ sailor left

- 1&2 Step right to right side bumping hips right, left, right  
右足右踏右推臀, 左推臀, 右推臀  
3 Hold 候  
&4 Bump hips left (&), bump hips right whilst hitching left  
左推臀, 右推臀左足抬  
5,6 Turn ¼ left stepping onto left, turn ¼ left stepping right to right side 左轉90度左足踏, 左轉90度右足右踏  
7&8 Left sailor turning ½ turn left 左180度轉水手

## 第三段 Touch, full turn right, left rock and cross, rock, recover, ½ turn right, rock, recover

- 1,2 Touch right to right side, full turn right transferring weight to right 右足右點, 右轉圈重心在右足  
3&4 Rock left to left side, recover weight onto right (&), cross step left over right 左足左下沉, 右足回復, 左足於右足前交叉踏  
5,6 Rock right to right side, recover weight onto left  
右足右下沉, 左足回復  
& Turn ½ turn right stepping right next to left 右轉180度右足併踏  
7,8 Rock left to left side, recover weight onto right  
左足左下沉, 右足回復

## 第四段 Cross, rock recover, cross, rock recover, step left, bump and hitch ¼ left (x3)

- 1&2 Cross step left over right, rock right to right side (&), recover weight onto left 左足於右足前交叉踏, 右足右下沉, 左足回復  
3&4 Cross step right over left, rock left to left side (&), recover weight onto right 右足於左足前交叉踏, 左足左下沉, 右足回復  
5 Step forward left 左足前踏  
6 Keeping weight on left, hitch right and turn ¼ left whilst bumping right hip 重心在左足, 右足抬左轉90度右推臀  
7 Keeping right hitched, bump right hip to turn another ¼ turn left  
右膝抬左轉90度右推臀  
8 Keeping right hitched, bump right hip to turn another ¼ turn left  
右膝抬左轉90度右推臀

**第五段 Cross and heel, step touch, ¼ turn left touch, full turn right, touch**

- 1&2 Cross step right over left, step left to left side (&), touch right heel forward 右足於左足前交叉踏, 左足左踏, 右足趾前點
- &3 Step right next to left (&), touch left next to right  
右足併踏, 左足併點
- &4 Turn ¼ turn left stepping left to left side (&), touch right toes to right side 左轉90度左足左踏, 右足趾右點
- 5,6 Turn ¼ right stepping onto right, turn ½ right stepping onto left  
右轉90度右足踏, 右轉180度左足踏
- 7,8 Turn ¼ right stepping onto right, touch left toes to left side pulling right shoulder back 右轉90度右足踏, 左足趾左點右肩向後

**第六段 ¼ left, hitch, flick, cross, full unwind left, out, out, in, in, forward, forward, back, back**

- 1 Turn ¼ turn left stepping onto left 左轉90度左足踏
- &2 Hitch right flicking right ankle to right (&), keeping right hitched flick right ankle to left 右足抬向右勾, 右足抬向左勾
- 3,4 Cross step right over left, unwind full turn left ending with weight on left 右足於左足前交叉踏, 左繞轉圈結束重心在左足
- &5 Step right out to right side (&), step left out to left side  
右足右前踏, 左足左前踏
- &6 Return right to place (&), return left to place 右足回踏, 左足回踏
- &7 Step right forward, step left forward 右足前踏, 左足前踏
- &8 Step right back, step left back 右足後踏, 左足後踏
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