

Do It Over Again (zh)

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Amor - Ricky Martin : (CD: Sound Loaded)



第一段 Chasse Right, Cross, ¼ Turn, Left Coaster Step, Step Touch

- 1&2 Step right to right. Step left beside right. Step right to right side. 右足右踏, 左足併踏, 右足右踏
- 3-4 Step left across in front of right. Pivot ¼ turn left, stepping back on right. 左足於右足前交叉踏, 左轉90度右足後踏
- 5&6 Step back on left. Step right beside left. Step forward on left.
左足後踏, 右足併踏, 左足前踏
- 7-8 Step forward on right. Touch left to right heel.
右足前踏, 左足併點

第二段 Left Shuffle Back, ½ Turn Shuffle Right, ¼ Turn Sweep, Flick, Cross Shuffle

- 1&2 Step back left. Step right beside left. Step back left.
左足後踏, 右足併踏, 左足後踏
- 3&4 Turning ½ turn right, triple step right, left, right.
右180度轉交換-右, 左, 右
- 5-6 Sweep left from back to front, pivot ¼ turn right with weight on the right foot. Flick left 左足由後繞至前, 右轉90度重心在右足左足後抬
- 7&8 Cross left over right. Step right beside left. Cross left over right. 左足於右足前交叉踏, 右足併踏, 左足於右足前交叉踏

第三段 Side Rock, Recover, Behind, Side, Cross, Side Rock, Recover ¼ Turn Left, ½ Turn Shuffle

- 1-2 Rock right to right side. Recover weight onto left.
右足右下沉, 左足回復
- 3&4 Step right behind left. Step left to left. Step right in front of left. 右足於左足後踏, 左足左踏, 右足於左足前交叉踏
- 5-6 Rock left to left. Recover onto right turning ¼ turn left.
左足左下沉, 左轉90度右足回復
- 7&8 Turning ½ turn left, triple left, right, left.
左180度轉交換-左, 右, 左

第四段 Shuffle ½ Turn, ¼ Turn Step, Touch, Touch, Hitch, Chasse Right

- 1&2 Turn ½ turn left, triple right, left, right.
左180度轉交換-右, 左, 右
- 3-4 Turning ¼ turn left, step left to left. Touch right beside left.
左轉90度左足左踏, 右足併點
- 5-6 Touch right to right. Hitch right. 右足右點, 右足抬
- 7&8 Step right to right. Step left beside right. Step right to right.
右足右踏, 左足併踏, 右足右踏

第五段 Cross Rock, Recover, Chasse ¼ Left, Step, Pivot ¼ Left, Cross Shuffle

- 1-2 Cross rock left across in front of right. Recover right.
左足於右足前交叉下沉, 右足回復
- 3&4 Step left to left. Step right beside left. Step left ¼ turn left.
左足左踏, 右足併踏, 左轉90度左足踏
- 5-6 Step right forward. Pivot ¼ turn left.
右足前踏, 左軸轉90度

7&8 Step right across in front of left. Step left beside right. Step right across in front of left.
右足於左足前交叉踏, 左足併踏, 右足於左足前交叉踏

RESTART: ON wall 2. Stepping left beside right on & and then start dance again.
第二面牆跳至此, 多一&拍左足併踏後, 從頭起跳

第六段 Side Switches L, R, L, Hitch Left, Left Shuffle Forward, Pivot ¼ Left

1&2 Touch left to left. Step left beside right. Touch right to right.
左足左點, 左足併踏, 右足右點

&3-4 Step right beside left. Touch left to left. Hitch left.
右足併踏, 左足左點, 左足抬

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

7-8 Step forward on right. Pivot ¼ turn left.
右足前踏, 左軸轉90度

第七段 Cross, Side, Cross Shuffle, Sweep, Cross Side, Behind

1-2 Step right across in front of left. Step left to left side.
右足於左足前交叉踏, 左足左踏

3&4 Step right across left. Step left beside right, Step right across left. 右足於左足前交叉踏, 左足併踏, 右足於左足前交叉踏

5-6 Sweep left from back to front. Step left across right.
左足由後繞至前, 左足於右足前交叉踏

7-8 Step right to right. Step left behind right.
右足右踏, 左足於右足後踏

第八段 Side, Together, Chasse ¼ Turn, Sweep, Left Jazz Box, Step

1-2 Step right to right. Step left beside right.
右足右踏, 左足併踏

3&4 Step right to right side. Step left beside right. Step right ¼ turn right. 右足右踏, 左足併踏, 右轉90度右足踏

5-6 Sweep left from back to front. Step left across in front of right.
左足由後繞至前, 左足於右足前交叉踏

7-8 Step back on right. Step left to left
右足後踏, 左足左踏
