

# Dynamite (High到爆) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Robert Dangerfield (UK) - 2010年08月  
音樂: Dynamite - Taio Cruz



前奏: 16 count intro 16拍後起跳

**第一段 Side Step, Together, Side Chasse, Cross Rock, Recover, Quarter Turn Shuffle** 右踏 併踏, 右追步, 交叉下沉 回復, 左追步轉

1-2 Step right to right, step left next to right 右足右踏, 左足併踏

3&4 Step right to right, step left next to right, step right to right  
右足右踏, 左足併踏, 右足右踏

5-6 Cross rock left over right, recover back onto right  
左足於右足前交叉下沉, 右足回復

7&8 Step left to left, step right next to left, step left to left making a quarter turn left (9.00)  
左足左踏, 右足併踏, 左足左踏左轉90度(面向9點鐘)

**第二段 Cross Back Side Hold X2, Cross Back, Side Chasse**  
交叉 後 側 候 共二次, 交叉 後, 右追步

1&2& Cross step right over left, step left back, step right to right, hold  
右足於左足前交叉踏, 左足後踏, 右足右踏, 候

3&4& Cross step left over right, step right back, step left to left, hold  
左足於右足前交叉踏, 右足後踏, 左足左踏, 候

5-6 Cross step right over left, step left back  
右足於左足前交叉踏, 左足後踏

7&8 Step right to right, step left next to right, step right to right  
右足右踏, 左足併踏, 右足右踏

**第三段 Step Half Turn, Heel Swivels, Unwind Half Turn, Heel Swivels**  
1/4 1/4, 踵旋轉, 交叉 繞半圈, 踵旋轉

1-2 Step left forward making a quarter turn left, step right forward making a quarter turn left (3.00)  
左轉90度左足前踏, 左轉90度右足前踏 (面向3點鐘)

3&4 Move heels, right, left and back to the centre  
移動雙足踵-右邊, 左邊, 回中間

5-6 Point right across left and unwind half a turn left (9.00)  
右足於左足前交叉點, 左繞轉180度(面向9點鐘)

7&8 Move heels left, right and back to the centre  
移動雙足踵-左邊, 右邊, 回中間

**第四段 Forward Chasse, Step Half Turn, Full Turn, Forward Chasse**  
前交換, 踏 轉, 踏 轉圈, 前交換

1&2 Step right forward, step left next to right, step right forward  
右足前踏, 左足併踏, 右足前踏

3-4 Step forward left making a half turn right, step forward right (3.00)  
左足前踏右轉180度, 右足前踏(面向3點鐘)

5-6 Step forward left, right making a full turn left (3.00)  
左足前踏, 重心在右足左轉圈(面向3點鐘)

7&8 Step left forward, step right next to left, step left forward  
左足前踏, 右足併踏, 左足前踏

**第五段 Rock And Cross X2, Back Lock, Coaster**  
**曼波交叉 二次, 後鎖, 海岸步**

- 1&2 Rock out right to right, recover left, step right across left  
右足右下沉, 左足回復, 右足於左足前交叉踏
- 3&4 Rock out left to left, recover right, step left across right  
左足左下沉, 右足回復, 左足於右足前交叉踏
- 5-6 Step right back, step back left locking left in front of right  
右足後踏, 左足於右足前鎖踏
- 7&8 Step back right, step left next to right, step right forward  
右足後踏, 左足併踏, 右足前踏

**第六段 Cross Rock Recover, Side Rock Recover, Back Rock Recover, Heel Jack Recover, Cross Back Quarter Turn, Quick Weave**  
**交叉下沉 回復 左下沉 回復 後下沉 回復 踵收, 交叉 後1/4, 藤步**

- 1&2& Cross rock left across right, recover back right, rock left out to left side, recover back right  
左足於右足前交叉下沉, 右足回復, 左足左下沉, 右足回復
- 3&4& Rock left back, recover onto right, show left heel to left diagonal, step down left 左足後下沉, 右足回復, 左足踵左斜角前點, 左足踏
- 5-6 Cross step right across left, step left back making a quarter turn right (6.00) 右足於左足前交叉踏, 左足後踏右轉90度(面向6點鐘)
- 7&8& Step right to right, step left across, step right to right, step left behind right  
右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏
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