

8-9-10 Let's Do It Again (再來一次) (zh)

拍數: 32 牆數: 3 級數: Intermediate
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音樂: Instant Replay - Dan Hartman



第一面牆 (8套4拍共32拍)

第一段 **RIGHT & LEFT FORWARD, RIGHT HEEL FORWARD, RIGHT TOES BACK, RIGHT FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN**
踏步, 踵前點, 趾後點, 前交換步, 踏轉

1-2 Step right forward, step left forward
走 走 右足前踏, 左足前踏

3-4 Touch right heel forward, touch right toes back
前踵 後趾 右足踵前點, 右足趾後點

5&6前交換 Step right forward, step left together, step right forward
右足前踏, 左足併踏, 右足前踏

7-8踏轉 Step left forward, pivot ½ right
左足前踏、右軸轉180度(面向6點鐘)

第二段 **LEFT & RIGHT FORWARD, LEFT HEEL FORWARD, LEFT TOES BACK, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ¼ LEFT PIVOT TURN**
踏步, 踵前點, 趾後點, 前交換步, 踏轉

1-2 Step left forward, step right forward
走 走 左足前踏, 右足前踏

3-4 Touch left heel forward, touch left toes back
前踵 後趾 左足踵前點, 左足趾後點

5&6前交換 Step left forward, step right together, step left forward
左足前踏, 右足併踏, 左足前踏

7-8踏 轉90 Step right forward, pivot ¼ left
右足前踏, 左軸轉90度(面向3點鐘)

第三段 **SYNCOPATED WEAVE LEFT, LEFT SIDE ROCK & RECOVER, LEFT BEHIND, ¼ RIGHT & RIGHT FORWARD, LEFT FORWARD**
變奏左藤步, 左下沉回復, 左後, 右轉1/4前踏, 左前踏

1-2 Cross step right over left, step left to left side
變奏藤步 右足於左足前交叉踏, 左足左踏

3&4 Cross step right behind left, step left to left side, cross step right over left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Left side rock, recover weight on right
左下沉回復 左足左下沉, 右足回復

7&8 Cross step left behind right, turning ¼ right step right forward, step left forward
後 右90 踏 左足於右足後交叉踏, 右足右轉90度前踏, 左足前踏(面向6點鐘)

第四段 **RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT KICK BALL CHANGE, RIGHT FORWARD, ¼ LEFT PIVOT TURN** **前踏轉、踢交換步**

1&2 踏 轉 Step right forward, pivot ½ left
右足前踏, 左軸轉180度(面向12點鐘)

3&4 Kick ball change Kick right forward, step right together, step forward
右足前踢, 右足併踏, 左足前踏

5-6 Step right forward, pivot ¼ left
踏 轉90 右足前踏, 左軸轉90度(面向9點鐘)

7&8 Kick ball change Kick right forward, step right together, step left forward
右足前踢, 右足併踏, 左足前踏

For "9" wall add the following after completing 1st 32 counts
第二面牆(9套4拍共36拍), 跳完第一面牆32拍後, 面向6:00加跳4拍

1&2 Touch right heel forward, step right together, touch left heel forward
踵收踵 右足踵前點, 右足併踏, 左足踵前點

&3-4 Step left together, touch right toes to right side, hold (weight remains on left foot)
收點停 (拍手) 左足併踏, 右足趾右點, 候

For "10" wall add the following after completing 1st 32 counts
第三面牆(10套4拍共40拍), 跳完第一面牆32拍面向3:00加跳8拍

爵士方塊右轉90度、爵士方塊右轉180度、(雙手平行展開似展翅飛行狀)

1-4 Cross step right over left, step left back, turning $\frac{1}{4}$ right step right to side, step left forward
90 右足於左足前交叉踏、左足踏、右足右轉90度踏、左足前踏
Jazzbox

5-8 Cross step right over left, turning $\frac{1}{4}$ right step left back, turning $\frac{1}{4}$ right step right forward, step left forward
180 右足於左足前交叉踏、左足右轉90度後踏、右足右轉90度前踏、左足前踏
Jazzbox

Dance will end on "9" wall ending with right toe to right side & hold
結束在第二面牆(9套4拍)右足趾右點 & 候
