

# Homeward Bound (歸心似箭) (zh)

COPPER KNOB  
STEPPERS

拍數: 64 牆數: 4 級數: Improver  
編舞者: Paul Dornstedt (USA) & Karla Dornstedt (USA) - 2010年04月  
音樂: Take Me Home - Tol & Tol



前奏: Lead in 16 cts. 16拍後起跳

**第一段 Side, Touch, Side, Touch, Side, Behind, Side, Touch**  
側, 點, 側, 點, 右華倫點

1-4 Step right side right, touch left next to right & clap, step left side left, touch right next to left & clap  
右足右踏, 左足併點(拍手), 左足左踏, 右足併點(拍手)

5-8 Step right side right, cross left behind right, step right side right, touch left next to right  
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足併點

**第二段 Side, Touch, Side, Touch, Side, Behind, Side, Touch**  
側, 點, 側, 點, 左華倫點

1-4 Step left side left, touch right next to left & clap, step right side right, touch left next to right & clap  
左足左踏, 右足併點(拍手), 右足右踏, 左足併點(拍手)

5-8 Step left side left, cross right behind left, step left side left, touch right next to left  
左足左踏, 右足於左足後交叉踏, 左足左踏, 右足併點

**第三段 Toe-Strut, Toe-Strut, Forward, 1/2 Left, Forward, Hold**  
趾-躡, 趾-躡, 踏轉踏候

1-4 Touch right toe forward, step down on right, touch left toe forward, step down on left  
右足趾前點, 右足踏, 左足趾前點, 左足踏

5-8 Step forward on right, turn 1/2 left and step on left, step forward on right, hold (6:00)  
右足前踏, 左轉180度左足踏, 右足前踏, 候(面向6點鐘)

**第四段 Toe-Strut, Toe-Strut, Forward, 1/4 Right, Cross, Hold**  
趾-躡, 趾-躡, 踏 1/4 交叉候

1-4 Touch left toe forward, step down on left, touch right toe forward, step down on right  
左足趾前點, 左足踏, 右足趾前點, 右足踏

5-8 Step forward on left, turn 1/4 right and step on right, cross left over right, hold (9:00)  
左足前踏, 右轉90度右足踏, 左足於右足前交叉踏, 候(面向9點鐘)

**RESTART here DURING 5th rotation (facing 9:00 o'clock wall) and 7th rotation (facing 9:00 o'clock wall)**  
第五面牆, 第七面牆, 起跳都面向12點鐘, 跳至此會面向9點鐘, 從頭起跳

**第五段 Side, Cross, Side, Cross, Side, Hold, Rock, Recover**  
側, 交叉, 側, 交叉, 側, 候, 後下沉 回復

1-4 Step right side right, cross left over right, step right side right, cross left over right  
右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

5-8 Step right big step side right, hold, cross rock left behind right, recover weight on right  
右足右一大步, 候, 左足於右足後交叉下沉, 右足回復

Optional: To create an UP / DOWN motion replace steps 33 - 40 by the following steps 第五段可隨著舞步做起伏  
選擇版 動作, 可依下面說明調整舞動

**Side, Cross, Side, Cross, Side, Hold, Rock, Recover**  
側, 交叉, 側, 交叉, 側, 候, 後下沉 回復

1 Step right side right on the ball of right to create an upward motion.  
右足右踏(身體略提升)

2 Cross left over right while bending both knees to create a downward motion  
左足於右足前交叉踏(彎雙膝)

- 3-4 Repeat steps 1 and 2 重覆1 2的動作
- 5-8 Step right big step side right, hold, cross rock left behind right, recover weight on right  
右足右一大步, 候, 左足於右足後交叉下沉, 右足回復

**第六段 Side, Cross, Side, Cross, Side, Hold, Rock, Recover**  
**側, 交叉, 側, 交叉, 側, 候, 後下沉 回復**

- 1-2 Step left side left, cross right over left, step left side left, cross right over left 左足左踏, 右足於左足前交叉踏, 左足左踏
- 5-8 Step left big step side left, hold, cross rock right behind left, recover weight on left 左足左一大步, 候, 右足於左足後交叉下沉, 左足回復
- Optional: To create an UP / DOWN motion replace steps 41 - 48 by the following steps 第六段可隨著舞步做起伏  
選擇版 動作, 可依下面說明調整舞動

**Side, Cross, Side, Cross, Side, Hold, Rock, Recover**  
**側, 交叉, 側, 交叉, 側, 候, 後下沉 回復**

- 1 Step left side left on the ball of left to create an upward motion.  
左足左踏(身體略提升)
- 2 Cross right over left while bending both knees to create a downward motion 右足於左足前交叉踏(彎雙膝)
- 3-4 Repeat steps 1 and 2 重覆1 2的動作
- 5-8 Step left big step side left, hold, cross rock right behind left, recover weight on left 左足左一大步, 候, 右足於左足後交叉下沉, 左足回復

**第七段 Rocking Chair, Forward, Hold, Forward, 1/2 Right**  
**搖椅步, 踏, 候, 踏, 轉**

- 1-2 Rock forward on right, recover weight back on left  
右足前下沉, 左足回復
- 3-4 Rock back on right, recover weight forward on left  
右足後下沉, 左足回復
- 5-8 Step forward on right, hold, step forward on left, turn 1/2 right and step on right (3:00)  
右足前踏, 候, 左足前踏, 右轉180度右足踏(面向3點鐘)

**第八段 Forward, Hold, Forward, Together, Back, Hold, Back, Touch**  
**踏 候 踏 併, 後 候 後 併**

- 1-4 Step forward on left, hold, step forward on right, step left next to right 左足前踏, 候, 右足前踏, 左足併踏
- 5-8 Step back on right, hold, step back on left, touch right next to left  
右足後踏, 候, 左足後踏, 右足併點

**ENDING:** (optional), The dance ends on count 62 facing the front wall, step back on right, drag left towards right.  
結束時, 會只跳到第八段的第6拍面向前面牆, 所以變更舞步先右足後踏, 將最後1拍(第6拍)候改成左足拖併, 舞步說明如下

- 1-4 Step forward on left, hold, step forward on right, step left next to right 左足前踏, 候, 右足前踏, 左足併踏
- 5-6 Step back on right, drag left towards right  
右足後踏, 左足拖併
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