

# Locked & Loaded (枕戈待旦) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 0      牆數: 0      級數: Intermediate/Advanced  
編舞者: Rita Archer (USA) - 2010年10月  
音樂: Locked and Loaded - Miko Marks



前奏: Start dancing on lyrics 唱歌起跳

## Section A A部份

### 第一段 Right Toe/Heel Extended Grapevine 以趾踵步呈現藤步

- 1-2 Step right toe side right, drop right heel  
右足趾右踏, 右足踵踏
- 3-4 Cross left toe behind right, drop left heel  
左足趾於右足後交叉踏, 左足踵踏
- 5-6 Step right toe side right, drop right heel  
右足趾右踏, 右足踵踏
- 7-8 Cross left toe over right, drop left heel  
左足趾於右足前交叉踏, 左足踵踏

### 第二段 Point Cross Twice, Kick Kick Sailor 點交叉共二次, 踢踢水手步

- 1-2 Point right toe side right, cross right over left  
右足趾右點, 右足於左足前交叉踏
- 3-4 Point left toe side left, cross left over right  
左足趾左點, 左足於右足前交叉踏
- 5-6 Kick right forward, kick right to side  
右足前踢, 右足右踢
- 7&8 Hook right behind left, step left to side, step right to side  
右足於左足後勾, 左足左踏, 右足右踏

### 第三段 Left Toe/Heel Extended Grapevine 以趾踵步呈現藤步

- 1-2 Step left toe side left, drop left heel  
左足趾左踏, 左足踵踏
- 3-4 Cross right toe behind left, drop right heel  
右足趾於左足後交叉踏, 右足踵踏
- 5-6 Step left toe side left, drop left heel  
左足踵左踏, 左足踵踏
- 7-8 Cross right toe over left, drop right heel  
右足趾於左足前交叉踏, 右足踵踏

### 第四段 Point Cross Twice, Kick Kick Sailor 左點後交叉, 右點後交叉, 前踢左踢, 水手步

- 1-2 Point left toe side left, cross left behind right  
左足趾左點, 左足於右足後交叉踏
- 3-4 Point right toe side right, cross right behind left  
右足趾右點, 右足於左足後交叉踏
- 5-6 Kick left forward, kick left to side  
左足前踢, 左足左踢
- 7&8 Hook left behind right, step right to side, step left to side  
左足於右足後勾踏, 右足右踏, 左足左踏

### 第五段 Left ½ Turn Twice Right Grapevine Stomp 踏轉, 踏轉, 藤步帶重踏

- 1-2 Step right forward, turn ½ left (weight to left)  
右足前踏, 左轉180度(重心在左足)
- 3-4 Step right forward, turn ½ left (weight to left)  
右足前踏, 左轉180度(重心在左足)
- 5-6 Step right to side, cross left behind right  
右足右踏, 左足於右足後交叉踏
- 7-8 Step right to side, stomp left together  
右足右踏, 左足併重踏

**第六段 Right ½ Turn Twice Left Grapevine Stomp  
踏轉, 踏轉, 藤步併重踏**

- 1-2 Step left forward, turn ½ right (weight to right)  
左足前踏, 右轉180度(重心在右足)
- 3-4 Step left forward, turn ½ right (weight to right)  
左足前踏, 右轉180度(重心在右足)
- 5-6 Step left to side, cross right behind left  
左足左踏, 右足於左足後交叉踏
- 7-8 Step left to side, stomp right together  
左足左踏, 右足併重踏

**第七段 Right Step Tuck & Clap X4 踏滑後(拍手)四次**

- 49 Step right forward (traveling at 45 degrees angle to the right)  
右足前踏(面向右斜角)
- 50 Slide left behind right & clap (transferring weight to left)  
左足滑至右足後踏(拍手)重心在左足
- 3-4 Repeat above (49-50) 重覆49-50
- 5-6 Repeat above (49-50) 重覆49-50
- 7 Step right forward (traveling at 45 degrees angle to the right)  
右足前踏(面向右斜角)
- 8 Slide left behind right & clap (keep weight on right)  
左足滑至右足後踏(拍手)重心在左足

**第八段 Step Touch With Full Right Turn (Traveling Back)  
踏點轉圈(向後移)**

- 1-2 Step left back, turn 1/3 right & touch right together  
左足後踏, 右轉120度右足併點
- 3-4 Step right forward, turn 1/3 right & touch left together  
右足前踏, 右轉120度左足併點
- 5-6 Step left forward, turn 1/3 right & touch right together  
左足前踏, 右轉120度右足
- 7-8 Step right to side, touch left together  
右足右踏, 左足併踏

**第九段 Left Step Tuck & Clap X4 踏後滑踏(拍手)四次**

- 1 Step left forward (traveling at 45 degrees angle to the right)  
左足前踏(面向右斜角)
- 2 Slide right behind left & clap (transferring weight to right)  
右足滑至左足後踏(拍手)重心在右足
- 3-4 Repeat above (65-66) 重覆 65-66
- 5-6 Repeat above (65-66) 重覆 65-66

**第十段 Left Back Cross Back Twice, Step Touch Twice  
後鎖步二次, 側踏併點二次**

- 1&2 Step right back, cross left over right, step right back  
右足後踏, 左足於右足前交叉踏, 右足後踏

- 3&4 Step left back, cross right over left, step left back  
左足後踏, 右足於左足前交叉踏, 左足後踏
- 5-6 Step right to side, touch left together  
右足右踏, 左足併點
- 7-8 Step left to side, touch right together  
左足左踏, 右足併點

**第十一段 Right Shuffle Forward & Full Turning Shuffle**  
**前交換, 踏 轉 轉交換, 後 併**

- 1&2 Chassé forward right, left, right  
前交換-右, 左, 右
- 3-4 Step left forward, turn ½ right (weight to right)  
左足前踏, 右轉180度重心在右足
- 5&6 Shuffle turning ½ right (left, right, left)  
右180度轉交換-左, 右, 左
- 7-8 Step right back, step left together  
右足後踏, 左足併踏

**第十二段 Right Side Shuffle Rock Recover, Left Shuffle Step Touch**  
**右追步, 交叉下沉 回復, 左追步, 併踏 併點**

- 1&2 Right side right, left together, right side right  
右足右踏, 左足併踏, 右足右踏
- 3-4 Cross/rock left over right, recover to right  
左足於右足前交叉下沉, 右足回復
- 5&6 Left side left, right together, left side left  
左足左踏, 右足併踏, 左足左踏
- 7-8 Step right together, touch left together  
右足併踏, 左足併點

**第十三段 Left Side Point Together, Right Side Point Together, Left Monterey**  
**左點 併踏, 右點 併踏, 蒙特瑞轉**

- 1-2 Point left toe side left, step left together  
左足趾左點, 左足併踏
- 3-4 Point right toe side right, step right together  
右足趾右點, 右足併踏
- 5-6 Point left toe side left, turn ½ left sweeping left together  
左足趾左點, 左轉180度左足繞併踏
- 7-8 Point right toe side right, step right together  
右足趾右點, 右足併踏

**第十四段 Left Side Point Together, Right Monterey, Freeze Hold**  
**左點 併踏, 蒙特瑞轉, 候**

- 1-2 Point left toe side left, step left together  
左足趾左點, 左足併踏
- 3-4 Point right toe side right, turn ½ right sweeping right together  
右足趾右點, 右轉180度右足繞併踏
- 5-6 Stomp left slightly forward, hold 左足略前重踏, 候
- 7-8 Hold, hold 候 候

**TAG 1 第一個加拍**

**Free Style Wiggle/Dance, Right Toe Points**  
**自由舞動, 趾前, 右, 後 併點**

- 1-4 Free style wiggles/dance 自由舞動
- 5-6 Touch right forward, right toe side right  
右足趾前點, 右足趾右點

7-8 Touch right back, touch right together  
右足趾後點, 右足併點

TAG 2 第二個加拍

**Free Style Wiggle/Dance 自由舞動**

1-8 Free style wiggle/dance 自由舞動

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