

# Ignition (點燃火花) (zh)

COPPER KNOB  
STEPPEDETS

拍數: 0                      牆數: 4                      級數: Intermediate  
編舞者: Jane Boyd (USA) - 2010年10月  
音樂: Ignition (Remix) - R. Kelly : (CD: Chocolate Factory)



前奏 : Intro: Approx. 6 seconds (14 count, starts when "Now I'm not trying....")

Part A: 32 Counts A部份 : 32拍

- 第一段**      **Shuffle Diag Fwd, 1/8 Rock, Recover, Back Shuffle R, 1/8 Rock, Recover**  
**斜前交換, 1/8下沉 回復, 後交換, 1/8後下沉 回復**
- 1&2      Shuffle L,R,L, towards front left diagonal (11:00)  
左斜角前交換-左, 右, 左(面向11點鐘)
- 3-4      1/8 turn left, Rock forward on R, Recover on L squaring up to the side wall (9:00) 左轉45度右足前下沉,  
左足回復轉正(面向9點鐘)
- 5&6      Shuffle R,L,R, backwards diagonally (facing 7:00; moving towards 1:00) 左斜角後交換-右, 左, 右(面向7  
點鐘, 向1點鐘方向移動)
- 7-8      1/8 turn left, Rocking back on L, Recover on R (6:00)  
左轉45度左足後下沉, 右足回復(面向6點鐘)
- 第二段**      **Touch Out, In, Step Side, Touch, Touch Out, In, Step Side, Touch**  
**左點, 併點, 左大步, 併點, 右點, 併點, 右大步, 併點**
- 1-4      Touch L foot out to left side, Touch L foot beside R, Take a big step to the L dragging R foot, Touch R  
next to L,  
左足左點, 左足併點, 左足左一大步右足拖併, 右足併點
- 5-8      Touch R foot out to the right side, Touch R foot beside L, Take a big step to the right dragging L foot,  
Touch L next to R,  
右足右點, 右足併點, 右足大一大步左拖併, 左足併點  
(You can add some styling by bumping hips with the touches)  
碰到點步時, 配合做推臀動作
- 第三段**      **Modified Kick Ball Cross x2, Unwind ½ turn, twist ½ turn, ¼ Sailor**  
**踢 併 交叉 二次, 繞轉, 旋轉, 1/4轉水手**
- 1&2      Kick L foot out to the left side, Step on ball of L foot slightly behind the R, Cross R in front of L,  
左足左踢, 左足略於右足後踏, 右足於左足前交叉踏
- 3&4      Kick L foot out to the left side, Step on ball of L foot slightly behind the R, Cross R in front of L,  
左足左踢, 左足略於左足後踏, 右足於左足前交叉踏
- 5-6      Unwind ½ turn left, Twist back 1/2 turn right to the original position keeping weight on L, 左繞轉180度,  
旋轉180度重心在左足
- 7&8      Sweep R foot behind L making ¼ turn to the R, Step L foot to the left side, Step R to the right,  
右足繞至左足後右轉90度, 左足左踏, 右足右踏
- 第四段**      **Rock, Recover, L Coaster, Modified Rocking Chair, Step to R**  
**下沉 回復, 海岸步, 變奏搖椅步, 右踏**
- 1-2      Rock forward on L, Recover on R, 左足前下沉, 右足回復
- 3&4      Step L foot back, Step R foot back, Step L foot forward,  
左足後踏, 右足後踏, 左足前踏
- 5&6&7      Rock forward on R, Recover on L, Hold (6), Rock back on R, Recover on L, 右足前下沉, 左足回復, 候,  
右足後下沉, 左足回復
- 8      Step R foot to the right side, 右足右踏

Part B: 20 Counts B部份 : 20拍

**第一段 Hitch, 1/4 Hitch, Body Roll, Hitch, 1/4 Hitch, Body Roll**  
**抬, 1/4抬, 身體轉, 抬, 1/4抬, 身體轉**

- 1-2 Hitch L foot, Hitch L foot making ¼ turn to left side,  
左足抬, 左足抬左轉90度
- 3-4 Place L foot on floor and body roll diag. to side (9:00), moving weight onto L foot 左足踏身體轉向斜角(面向9點鐘), 重心移至左足
- 5-6 Hitch R foot, Hitch R foot making ¼ turn to right side,  
右足抬, 右足抬右轉90度
- 7-8 Place R foot on floor and body roll diag. to side (12:00), weight forward onto the R foot, 右足踏身體轉向12點鐘, 重心至右足  
(left foot will face 9:00 and right foot will faced 12:00 body facing 11:00) 左足面向9點鐘, 右足面向12點鐘, 身體面向11點鐘

**第二段 Jazz Box 1/8 of a turn, Hip Bumps 爵士方塊轉1/4, 推臀**

- 1-4 Step on L foot, Cross R foot in front of L making a 1/8 of a turn to left (square up to the wall (9:00), Step back on L foot, Step R to right side 左足踏, 左轉45度右足於左足前交叉踏, 左足後踏, 右足右踏
- 5&6&7 Bump L hip twice (5&), Hold (6), Bump R hip to right,(&), Bump L hip to left(7), 左推臀兩次, 候, 右推臀, 左推臀
- 8 Bump R hip to right (8) (make sure to transfer weight to R foot),  
右推臀(重心移回右足)
- \*\*\* (This is where (B Minus) ends) \*\*\***  
第二次B部份(B Minus)只跳到這兒, 接續A部份

**第三段 Hip Bumps (Repeat steps 5-8 of last set)**  
**推臀, (最後一次多跳5-8重覆再做一次)**

- 1&2&3 Bump L hip twice (1&), Hold (2), Bump R hip to right,(&), Bump L hip to left(3), 左足推臀兩次, 候, 右推臀, 左推臀
- 4 Bump R hip to right (4) (make sure to transfer weight to R foot).  
右足右推臀(重心移至右足)
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