

# Eight Second Ride (我心狂野) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 2      級數: Improver  
編舞者: Barry Amato (USA) & Dari Anne Amato (USA)  
音樂: Eight Second Ride - Jake Owen : (RCA Records)



前奏 : Intro: 32 Counts 32拍後起跳

- 第一段**      **STEP, ¼ HITCH, COASTER STEP, STEP, ¼ TURN, CROSS, STEP SIDE, ½ TURN, CROSS** 踏, 抬, 海岸步, 踏, 1/4, 交叉, 側, 轉, 交叉
- 1-2      Step to the R on the R foot (1). 1/4 turn L as you hitch L leg up (2). 右足右踏, 左轉90度左足抬
- 3&4      Step back on L foot (3). Step R foot back next to L (&). Step forward on the L foot (4). 左足後踏, 右足併踏, 左足前踏
- 5&6      Step forward on R foot (5). ¼ turn L and with L foot taking weight (&). Cross R foot over L (6). 右足前踏, 左轉90度重心在左足, 右足於左足前交叉踏
- 7&8      Step L on L foot (7). Pivoting on ball of L, open ½ turn and step down on R foot (&). Cross the L foot over the R (8). 左足左踏, 左軸轉180度右足踏, 左足於右足前交叉踏
- 第二段**      **TOE, HEEL, CROSS, SLIDE, STOMP-UP2X, ¼ TURN, ½ TURN, STEP BACK 2X, ¼ TURN** 趾 踵 交叉 滑 抬重踵二次, 1/4, 1/2, 後走二次, 1/4
- 1&2      Tap the R toe in (1). Tap the R heel out (&). Cross the R foot over L (2). 右足趾向內點, 右足踵向外點, 右足於左足交叉踏
- 3&4      Slide to the L on the L foot (3). Keeping weight on L, do 2 stomp-ups with the R graduating in toward the L foot (&). 左足左滑踏, 重心在左足右足抬重踏兩次
- 5-6      ¼ turn to the R, stepping on the R foot (5). Pivoting on the R foot, continue to turn ½ turn R with L foot taking weight after turn (6). 右轉90度右足踏, 右軸轉180度重心在左足
- 7&8      Walk back on R-L (7&). Open a ¼ turn R stepping out on the R foot (8) \*Weight ends up on both feet. 後走-右, 左, 右轉90度右足踏(重心在雙足)
- 第三段**      **HIP BUMP LEFT 2X, HIP BUMP RIGHT, HIP BUMP LEFT/HITCH, SHUFFLE FORWARD, CHASE TURN** 左推臀二次, 右推臀, 左推臀帶抬, 前交換, 踏轉踏
- 1-2      Bump left hip to L 2x. 左推臀二次
- 3-4      Bump right hip to R (3). Bump left hip to L and hitch R foot to left knee (4). 右推臀, 左推臀右膝抬
- 5&6      Step forward on the R foot (5). Lock L foot behind R (&). Step forward on the R foot (6). 右足前踏, 左足於右足後鎖踏, 右足前踏
- 7&8      Step forward on the L foot (7). ½ turn pivot to the R with R foot taking weight (&). Step forward on the L foot (8). 左足前踏, 右軸轉重心在右足, 左足前踏
- 第四段**      **HEEL, STEP, STEP TOGETHER, HEEL, STEP, STEP TOGETHER, MODIFIED JAZZ BOX WITH HIP PUSH** 踵 踏 併, 踵 踏 併, 爵士方塊帶推臀
- 1&2      Tap the R heel forward (1). Step down on the R foot (&). Step L foot up to meet R (2). 右足踵前點, 右足踏, 左足併踏
- 3&4      Repeat 1 &2. 重覆1&2的動作
- 5-8      Cross R foot over L (5). Step back on L foot (6). Step to the R on R foot as you push R hip to R side (7). Step to the L on L foot as you push L hip to L side (8). 右足於左足前交叉踏, 左足後踏, 右足右踏右推臀, 左足左踏左推臀

*You will dance the pattern 7 times through. When you start the 7th wall (front wall), you omit the last 16 counts. The music slows down and you follow the lyrics as you do the following:*

當跳到第七面牆(面向前面)時, 不要跳最後16拍, 音樂會慢下來, 照著歌詞跳下面的舞步

Sway left - on the word "hold"

Sway right - on the word "wilder"

Sway left - on the word "eight"

Hip circle counter clockwise - on the word "ride"

Then start pattern again after the downbeat of the drums.

Dance first 16 counts of dance and then turn to the right stepping R-L and slide to R on R for the ending.

唱到 hold 左擺臀 wilder 右擺臀 eight 左擺臀 ride 逆時針轉臀

然後鼓聲會再響起, 從頭再起跳16拍後, 加跳 三步右轉圈-右, 左, 右足右滑步結束

---