

# Eruption (一去不返) (zh)

COPPER KNOB  
BY STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Yvonne Anderson (SCO) - 2005年05月  
音樂: One Way Ticket - Eruption



前奏: Start on the main vocal 唱歌起跳

- 第一段**      **R Heel Grind 1/4 Turn Right, R Coaster Step, Knee Lift, Turn 1/4 Left, L Coaster Step** 右足踵磨右轉1/4, 右海岸步, 抬膝, 左轉1/4, 左海岸步
- 1-2      Touch R Heel Forward, Grind 1/4 Turn Right Taking Weight On L [3] 右足踵前點, 足踵向右磨轉90度重心在左足(3點鐘)
- 3&4      Step R Back, & Step L Beside Right, Step R Forward [3]  
右足後踏, 左足併踏, 右足前踏(3點鐘)
- 5-6      Lift L Knee Across Right, With Knee Hitched Make 1/4 Turn Left On Ball Of R [12] 左膝蓋於右足前交叉抬起, 重心在右足以左膝左轉90度(12點鐘)
- 7&8      Step L Back, & Step Beside Left, Step L Forward [12]  
左足後踏, 右足併踏, 左足前踏(12點鐘)
- 第二段**      **STEP, PIVOT 1/2 TURN LEFT, FORWARD R SHUFFLE, TWO STEP FULL TURN (Travels Forward), FORWARD L SHUFFLE**  
踏, 左轉1/2, 右前交換步, 二步向前轉圈, 左前交換步
- 1-2      Step R Forward, Pivot 1/2 Turn Left Taking Weight On L [6]  
右足前踏, 左轉180度重心在左足(6點鐘)
- 3&4      Shuffle Forward Stepping R,L,R [6]  
前交換步-右, 左, 右(6點鐘)
- 5-6      Make 1/2 Turn Right Stepping L Back, Make 1/2 Turn Right Stepping R Forward [6] 右轉180度左足後踏, 右轉180度右足前踏(6點鐘)
- 7&8      Shuffle Forward Stepping L,R,L [6]  
前交換步-左, 右, 左(6點鐘)
- 第三段**      **R Heel Grind 1/4 Turn Right, R Coaster Step, Knee Lift, Turn 1/4 Left, L Coaster Step**  
右足踵右磨轉1/4, 右海岸步, 抬膝, 左轉1/4, 左海岸步
- 1-2      Touch R Heel Forward, Grind 1/4 Turn Right Taking Weight On L [9] 右足踵前點, 足踵向右磨轉90度重心在左足(9點鐘)
- 3&4      Step R Back, & Step L Beside Right, Step R Forward [9]  
右足後踏, 左足併踏, 右足前踏(9點鐘)
- 5-6      Lift L Knee Across Right, With Knee Hitched Make 1/4 Turn Left On Ball Of R [6] 左膝蓋於右足前交叉抬起, 重心在右足以左膝左轉90度(6點鐘)
- 7&8      Step L Back, & Step R Beside Left, Step L Forward [6]  
左足後踏, 右足併踏, 左足前踏(6點鐘)
- 第四段**      **Step, Pivot 3/4 Turn Left, R Side Shuffle, Rock, Recover, L Heel-Ball Cross** 踏, 左轉3/4, 右側交換步, 下沉, 回復, 左踵-踏-交叉
- 1-2      Step R Forward, Pivot 3/4 Turn Left Taking Weight On L [9]  
右足前踏, 左轉270度重心在左足(9點鐘)
- 3&4      Step R To Right, & Step L Beside Right, Step R To Right [9]  
右足右踏, 左足併踏, 右足右踏(9點鐘)
- 5-6      Rock L Behind Right, Recover Weight On R [9]  
左足後下沉, 右足回復(9點鐘)

- 7&8 Touch L Heel Forward, & Step Ball Of L Back, Step R Across Left [9] 左足踵前點, 左足後踏, 右足於左足前交叉踏(9點鐘)
- 第五段 L Side Shuffle, Rock, Recover, Side-Behind, Heel Jack, Clap**  
**左側交換, 下沉, 回復, 側-後, 踏踵點, 拍手**
- 1&2 Step L To Left, & Step R Beside Left, Step L To Left [9]  
左足左踏, 右足併踏, 左足左踏(9點鐘)
- 3-4 Rock R Behind Left, Recover Weight On L [9]  
右足後下沉, 左足回復(9點鐘)
- 5-6 Step R To Right, Step L Behind R [9] 右足右踏, 左足於右足後踏(9點鐘)
- &7&8 & Step Ball Of R Back, Touch L Heel Forward, & Clap Hands, Clap Hands [9] 右足後踏, 左足踵前點, 拍手, 拍手(9點鐘)
- 第六段 Ball-Step 1/4 Turn L, Cross Shuffle, Side-Behind, Heel Jack, Clap**  
**踏-踏左轉1/4, 交叉交換, 側-後, 踏踵點, 拍手**
- &1-2 & Step Ball Of L Beside Right, Step R Forward, Pivot 1/4 Left Taking Weight On L [6] 左足併踏, 右足前踏, 左轉90度重心在左足(6點鐘)
- 3-4 Step R Across Left, & Step L To Left, Step R Across Left [6]  
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(6點鐘)
- 5-6 Step L To Left, Step R Behind Left [6]  
左足左踏, 右足於左足後踏(6點鐘)
- &7&8 & Step Ball Of L Back, Touch R Heel Forward, & Clap Hands, Clap Hands [6] 左足後踏, 右足踵前點, 拍手, 拍手(6點鐘)
- 第七段 Ball-Step 1/2 Turn R, Forward L Shuffle. Rocking Chair**  
**踏-踏右轉1/2, 左前交換, 搖椅步**
- &1-2 & Step Ball Of R Beside Left, Step L Forward, Pivot 1/2 Right Taking Weight On R [12] 右足併踏, 左足前踏, 右轉180度重心在右足(12點鐘)
- 3&4 Shuffle Forward Stepping L,R,L [12]  
前交換步-左, 右, 左(12點鐘)
- 5-6 Rock R Forward, Recover Weight On L [12]  
右足前下沉, 左足回復(12點鐘)
- 7-8 Rock R Back, Recover Weight On L [12]  
右足後下沉, 左足回復(12點鐘)
- 第八段 Ball-Step 1/2 Turn R, Forward L Shuffle. Rocking Chair**  
**踏-踏右轉1/2, 左前交換, 搖椅步**
- &1-2 & Step Ball Of R Beside Left, Step L Forward, Pivot 1/2 Right Taking Weight On R [6] 右足併踏, 左足前踏, 右轉180度重心在右足(6點鐘)
- 3&4 Shuffle Forward Stepping L,R,L [6]  
前交換步-左, 右, 左(6點鐘)
- 5-6 Rock R Forward, Recover Weight On L [6]  
右足前下沉, 左足回復(6點鐘)
- 7-8 Rock R Back, Recover Weight On L [6]  
右足後下沉, 左足回復(6點鐘)
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