拍數： 32
特數： 4
級數：Intermediate
編舞者：Mikael Mölsä（FIN）
音樂：All Hands On Deck－Tinashe ：（CD：Aquarius）

Starting point：At the lyrics＂wasted heart＂，after the chorus，in about 0：21．
STEP，STEP，KICK BALL CROSS，OUT－OUT，IN－1／2 TURN，OUT－OUT，IN－IN
1－2 Step right forward，step left forward
3\＆4 Kick right forward，step right slightly back，step left across right
\＆5 Step right out，step left out
\＆6 Step right back in，step left back in and turn 1／2 to left（facing 6：00）
\＆7 Step right out，step left out
\＆8 Step right back in，step left back in

## $1 / 4$ LEFT TURNING HIP ROLL，HIP ROLL，OUT－OUT，BACK，CROSS，HITCH，TURN

| 1－2 | Step right forward，roll hips counterclockwise and turn 1／4 to left（weight ends up on right） <br> （facing 3：00） |
| :--- | :--- |
| $3-4$ | Roll hips clockwise for two counts（weight ends up on left） |
| $5 \&$ | Step right in，step left next to right |
| $6 \&$ | Step right out，step left out |
| $7 \&$ | Step right back，step left across right <br> Hitch right knee（facing right diagonal，at 4：30），step right back while turning 1／4 to right <br> （facing 6：00） |

## POINT，HOLD，STEP，DRAG，SAILOR STEP，BEHIND，SIDE，CROSS，SYNCOPATED 1／4 RIGHT TURNING ROCK STEP

1－2 Point left to left side（bend right knee slightly），hold
3－4 Transfer weight to left foot（straighten up），drag right next to left（weight remains on left）
5\＆6 Step right behind left，step left next to right，step right to right diagonal
\＆7\＆Step left behind right，step right to right side，step left across right
8\＆1 Rock right forward，recover weight back to left，step right to side while turning $1 / 4$ right（facing 9：00）
Optional hands：On count 1，you can snap your right hand to right downward angle．
HOLD，TOGETHER，SIDE STEP，STEP TOGETHER，FOOT SLIDES
2
Hold
\＆3－4 Step left next to right，step right to right side，step left next to right
$5 \quad$ Pushing off left foot，slide on right diagonal，angling body toward 8：00，while turning in left heel
\＆Slide left next to right while straightening body towards 9：00
6 Pushing off right foot，slide on left diagonal，angling body toward 10：00，while turning in right heel
\＆Slide right next to left while straightening body towards 9：00
$7 \quad$ Pushing off left foot，slide on right diagonal，angling body toward 8：00，while turning in left heel
\＆Slide left next to right while straightening body towards 9：00
8 Pushing off right foot，slide on left diagonal，angling body toward 10：00，while turning right heel in
\＆Slide right next to left while straightening body towards 9：00
Option：Alternatively steps $5-8$ can just be skate right，skate left，skate right，skate left（4 skates，counting would be 5－6－7－8）．

