Homeward Bound (歸心似箭) (zh)

Count: 64 **Wand:** 4 **Ebene:** Improver
Choreograf/in: Paul Dornstedt (USA) & Karla Dornstedt (USA) - 2010年04月
Musik: Take Me Home - Tol & Tol

前奏： Lead in 16 cts. 16拍後起跳

第一段 **Side, Touch, Side, Touch, Side, Behind, Side, Touch**
側, 點, 側, 點, 右華倫點

1-4 Step right side right, touch left next to right & clap, step left side left, touch right next to left & clap
右足右踏, 左足併點(拍手), 左足左踏, 右足併點(拍手)

5-8 Step right side right, cross left behind right, step right side right, touch left next to right
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足併點

第二段 **Side, Touch, Side, Touch, Side, Behind, Side, Touch**
側, 點, 側, 點, 左華倫點

1-4 Step left side left, touch right next to left & clap, step right side right, touch left next to right & clap
左足左踏, 右足併點(拍手), 右足右踏, 左足併點(拍手)

5-8 Step left side left, cross right behind left, step left side left, touch right next to left左足左踏, 右足於左足後交叉踏, 左足左踏, 右足併點

第三段 **Toe-Strut, Toe-Strut, Forward, 1/2 Left, Forward, Hold**
趾-踵, 趾-踵, 踏 轉 踏 候

1-4 Touch right toe forward, step down on right, touch left toe forward, step down on left右足趾前點, 右足踏, 左足趾前點, 左足踏

5-8 Step forward on right, turn 1/2 left and step on left, step forward on right, hold (6:00)
右足前踏, 左轉180度左足踏, 右足前踏, 候(面向6點鐘)

第四段 **Toe-Strut, Toe-Strut, Forward, 1/4 Right, Cross, Hold**
趾-踵, 趾-踵, 踏 1/4 交叉 候

1-4 Touch left toe forward, step down on left, touch right toe forward, step down on right 左足趾前點, 左足踏, 右足趾前點, 右足踏

5-8 Step forward on left, turn 1/4 right and step on right, cross left over right, hold (9:00)
左足前踏, 右轉90度右足踏, 左足於右足前交叉踏, 候(面向9點鐘)

RESTART here DURING 5th rotation **(facing 9:00 o'clock wall) and** 7th rotation **(facing 9:00 o'clock wall)**
第五面牆, 第七面牆, 起跳都面向12點鐘, 跳至此會面向9點鐘, 從頭起跳

第五段 **Side, Cross, Side, Cross, Side, Hold, Rock, Recover**
側, 交叉, 側, 交叉, 側, 候, 後下沉 回復

1-4 Step right side right, cross left over right, step right side right, cross left over right
右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

5-8 Step right big step side right, hold, cross rock left behind right, recover weight on right
右足右一大步, 候, 左足於右足後交叉下沉, 右足回復

Optional: 選擇版 To create an UP / DOWN motion replace steps 33 - 40 by the following steps 第五段可隨著舞步做起伏動作, 可依下面說明調整舞動

Side, Cross, Side, Cross, Side, Hold, Rock, Recover
側, 交叉, 側, 交叉, 側, 候, 後下沉 回復

1 Step right side right on the ball of right to create an upward motion.
右足右踏(身體略提升)

2 Cross left over right while bending both knees to create a downward motion 左足於右足前交叉踏(彎雙膝)

3-4 Repeat steps 1 and 2 重覆1 2的動作

5-8 Step right big step side right, hold, cross rock left behind right, recover weight on right
右足右一大步, 候, 左足於右足後交叉下沉, 右足回復

第六段 Side, Cross, Side, Cross, Side, Hold, Rock, Recover
側, 交叉, 側, 交叉, 側, 候, 後下沉 回復

1-2 Step left side left, cross right over left, step left side left, cross right over left 左足左踏, 右足於左足前交叉踏, 左足左踏

5-8 Step left big step side left, hold, cross rock right behind left, recover weight on left 左足左一大步, 候, 右足於左足後交叉下沉, 左足回復

Optional: 選擇版 To create an UP / DOWN motion replace steps 41 - 48 by the following steps 第六段可隨著舞步做起伏動作, 可依下面說明調整舞動

Side, Cross, Side, Cross, Side, Hold, Rock, Recover
側, 交叉, 側, 交叉, 側, 候, 後下沉 回復

1 Step left side left on the ball of left to create an upward motion.
左足左踏(身體略提升)

2 Cross right over left while bending both knees to create a downward motion 右足於左足前交叉踏(彎雙膝)

3-4 Repeat steps 1 and 2 重覆1 2的動作

5-8 Step left big step side left, hold, cross rock right behind left, recover weight on left 左足左一大步, 候, 右足於左足後交叉下沉, 左足回復

第七段 Rocking Chair, Forward, Hold, Forward, 1/2 Right
搖椅步, 踏, 候, 踏, 轉

1-2 Rock forward on right, recover weight back on left
右足前下沉, 左足回復

3-4 Rock back on right, recover weight forward on left
右足後下沉, 左足回復

5-8 Step forward on right, hold, step forward on left, turn 1/2 right and step on right (3:00)
右足前踏, 候, 左足前踏, 右轉180度右足踏(面向3點鐘)

第八段 Forward, Hold, Forward, Together, Back, Hold, Back, Touch
踏 候 踏 併, 後 候 後 併

1-4 Step forward on left, hold, step forward on right, step left next to right 左足前踏, 候, 右足前踏, 左足併踏

5-8 Step back on right, hold, step back on left, touch right next to left
右足後踏, 候, 左足後踏, 右足併點

ENDING: (optional), The dance ends on count 62 facing the front wall, step back on right, drag left towards right.
結束時, 會只跳到第八段的第6拍面向前面牆, 所以變更舞步先右足後踏, 將最後1拍(第6拍)候改成左足拖併, 舞步說明如下

1-4 Step forward on left, hold, step forward on right, step left next to right 左足前踏, 候, 右足前踏, 左足併踏

5-6 Step back on right, drag left towards right
右足後踏, 左足拖併