Count Down! (倒數計時) (zh)

Count: 64 **Wand:** 2 **Ebene:** Intermediate
Choreograf/in: Ryan Hunt (UK) - 2010年10月
Musik: Turn Around (5,4,3,2,1) - Flo Rida : (3:22)

前奏： Intro: 32 counts (18 Seconds)

第一段 **R Side Mambo, L Side Rock Cross, Diagonal Back, Close L, Cross R, ¼ Back**
右曼波, 曼波交叉, 斜後 併踏, 交叉 1/4後

1&2 rock R To R Side, Recover On L, Close R Next To L
右足右下沉, 左足回復, 右足併踏

3&4 rock L To L Side, Recover On R, Cross L Over R
左足左下沉, 右足回復, 左足於右足前交叉踏

5-6 step Back On R To R Diagonal, Step L Next To R
右足右斜角後踏, 左足併踏

7-8 cross R Over L, Make ¼ Turn R Stepping Back On L (3)
右足於左足前交叉踏, 右轉90度左足後踏(面向3點鐘)

第二段 **½ Forward, Shuffle Forward, Quick Rock, Back Drag, Ball Step, Hitch**
右轉, 前交換, 下沉 回復 後大步, 拖併 後 踏, 抬

1 make ½ Turn R Stepping Forward On R (9)
右轉180度右足前踏(面向9點鐘)

2&3 step Forward On L, Close R Next To L, Step Forward On L
左足前踏, 右足併踏, 左足前踏

4&5-6 rock Forward On R, Recover Back Onto L, Make A Big Step Back On The R, Drag L Towards R
右足前下沉, 左足回復, 右足後一大步, 左足拖併

&7-8 step L Back, Step Forward On R, Hitch L Knee
左足後踏, 右足前踏, 左膝抬

第三段 **Step Back, ½ Forward, Pivot ¾ Side, Cross Behind, Step Side, 1/8, Out-Out**
後 轉, 踏 3/4 左, 後交叉 左, 1/8 大 大

1-2 step Back On L, Make ½ Turn R Stepping Forward On R (3)
左足後踏, 右轉180度右足前踏(面向3點鐘)

3&4 step Forward On L, Make ¾ Turn R Taking Weight Onto R, Step L To L Side (12) 左足前踏, 右轉270度重心在右足, 左足左踏(面向12點鐘)

5-6 cross R Behind L, Step L To Side
右足於左足後交叉踏, 左足左踏

7&8 make 1/8 Turn L Stepping Forward On R, Step L Out To L Side, Step R Out To R Side (Slight Squat) (10:30)
左轉45度右足前踏, 左足左踏, 右足右踏(略蹲)(面向10:30)

第四段 **Step Back, Touch, ½ Reverse Unwind, 1/8 Side, Coaster Press, Coaster Press 後踏 後點, 轉 1/8, 海岸壓踏, 海岸壓踏**

1-2 step L Back, Touch R Toes Back (10:30)
左足後踏, 右足趾後點(面向10:30)

3-4 unwind ½ Turn R Taking Weight Forward On R, Make 1/8 Turn R Stepping L To L Side (6:00)
右繞轉180度右足前踏, 右轉45度左足左踏(面向6點鐘)

5&6 step R Back, Close L Next To R, Press Forward On Ball Of R Foot
右足後踏, 左足併踏, 右足前壓踏

7&8 step L Back, Close R Next To L, Press Forward On Ball Of L Foot
左足後踏, 右足併踏, 左足前壓踏

第五段 **Step Back, Shuffle ½ Turn, Shuffle ¼ Back, Side, Cross, Side**
後, 轉交換, 1/4後交換, 左 交叉 左

1 step R Back 右足後踏

2&3 make ¼ Turn L Stepping L To L Side, Close R Next To L, Make ¼ Turn L Stepping Forward On L (12)
左轉90度左足左踏, 右足併踏, 左轉90度左足前踏(面向12點鐘)

4&5 make ¼ Turn L Stepping Back On R, Close L Next To R, Step Back On R (9)
左轉90度右足後踏, 左足併踏, 右足後踏(面向9點鐘)

6-7-8 step L To L Side, Cross R Over L, Step L To L Side
左足左踏, 右足於左足前交叉踏, 左足左踏

第六段 **Cross Rock Recover & Cross Rock Recover & Step ½ Pivot, Big Step Close**
交叉曼波, 交叉曼波, 踏 轉, 前大步 併

1-2& Cross Rock R Over L, Recover Back Onto L, Step R To R Side
右足於左足前交叉下沉, 左足回復, 右足右踏

3-4& Cross Rock L Over R, Recover Back On R, Step L To L Side
左足於右足前交叉下沉, 右足回復, 左足左踏

5-6 step Forward On R, Pivot ½ Turn L Stepping Forward On L (3)
右足前踏, 左軸轉180度左足前踏(面向3點鐘)

7-8 take A Big Step Forward With R, Close L Next To R (9)
右足前一大步, 左足併踏(面向9點鐘)

第七段 **Hold, & Switch L, & Switch R, Cross, Back Side Cross, ½ Turn & Cross**
候, 併 點 併 點, 交叉, 後 旁 前, 1/4 1/4 交叉

1&2 hold, Step R Next To L, Point L To L Side
候, 右足併踏, 左足左點

&3-4 step L Next To R, Point R To R Side, Cross R Over L
左足併踏, 右足右點, 右足於左足前交叉踏

5&6 step Back On L, Step R To R Side, Cross L Over R
左足後踏, 右足右踏, 左足於右足前交叉踏

7&8 make ¼ Turn L Stepping Back On R, Make ¼ Turn L Stepping L To L Side, Cross R Over L (9)
左轉90度右足後踏, 左轉90度左足左踏, 右足於左足前交叉踏(面向9點鐘)

第八段 **¼ Rock Recover, Coaster Step, 3 Funky Walks, Step L**
1/4下沉 回復, 海岸步, 三次放克走步, 左前踏

1-2 make ¼ Turn L Rocking Forward On L, Recover Back Onto R (6)
左轉90度左足前下沉, 右足回復(面向6點鐘)

3&4 step L Back, Close R Next To L, Step Forward On L
左足後踏, 右足併踏, 左足前踏

Restart: Drop The Last 4 Counts Of The Dance On Wall 5 (Facing 6:00)
第五面牆跳至此(面向6點鐘), 不跳最後4拍, 直接從頭起跳

5-6 step Forward On R As You Pop L Knee, Step Forward On L As You Pop R Knee
右足前踏左膝彈, 左足前踏右膝彈

7-8 step Forward On R As You Pop L Knee, Step Slightly Forward On L
右足前踏左膝彈, 左足略前踏