Off The Ground (zh)

Count: 64 **Wand:** 2 **Ebene:** Intermediate
Choreograf/in: Neville Fitzgerald (UK) & Julie Harris (UK) - 2010年11月
Musik: Higher - Taio Cruz

前奏： Starts On Vocal.. (48 Counts)

第一段 Side, Sailor Step, Behind, Side, Cross, Back, Side.

1 Step Left to Left side. 左足左踏

2&3 Cross step Right behind Left, step Left to Left side, step Right to Right side. 右足於左足後交叉踏, 左足左踏, 右足右踏

4-5 Cross step Left behind Right, step Right to Right side.
左足於右足後交叉踏, 右足右踏

6-8 Cross step Left over Right, step back on Right (stick bum out), step Left to Left side. 左足於右足前交叉踏, 右足後踏, 左足左踏

第二段 Step, 1/2, 1/2, Back, 1/2, Step, 1/2, 1/2.

1-3 Step forward on Right, pivot 1/2 turn to Left, make 1/2 turn to Left stepping Right next to Left.
右足前踏, 左軸轉180度, 左轉180度右足併踏

4-5 Step back on Left, make 1/2 turn to Right stepping forward on Right.
左足後踏, 右轉180度右足前踏

6-8 Step forward on Left, pivot 1/2 turn to Right, make 1/2 turn to Right stepping Left next to Right.
左足前踏, 右軸轉180度, 右轉180度左足併踏

第三段 Back, Coaster 1/4 Cross, Point, Behind, Point, Twist 1/4, 1/2.

1 Step back on Right. 右足後踏

2&3 Step back on Left, step Right next to Left, make 1/4 turn to left cross stepping Left over Right.
左足後踏, 右足併踏, 左轉90度左足於右足前交叉踏

4-6 Point Right to Right side, step Right behind Left, point Left to Left side. 右足右點, 右足於左足後踏, 左足左點

7-8 Swivel/twist 1/4 turn to Left, swivel/twist 1/2 turn to Right. (weight back on Left) 左旋轉90度, 右旋轉180度(重心在左足)

第四段 Step, Mambo Step, 1/2, Side With Dip, Shoulders L-R-L-R Rising Up.

1 Step forward on Right. 右足前踏

2&3 Rock forward on Left, recover on Right, step back on Left.
左足前下沉, 右足回復, 左足後踏

4-5 Make 1/2 turn to Right stepping forward Right, step Left to side dipping & pushing Left shoulder to left side.
右轉180度右足前踏, 左足左踏(蹲)肩膀推向左

6-8 Push Right shoulder to Right coming up slightly, push Left shoulder to Left coming up slightly more, push Right shoulder to Right rising up & leaning to Right lifting Left foot off floor.
肩膀推向右, 肩膀推向左, 肩膀推向右左足抬

R Restart 2.. Wall 5**
Dance up to & including Count 32 then Restart from beginning.
第五面牆, 跳至此時, 從頭起跳

第五段 Side, Behind, 1/8, Step, Step 1/2 Pivot, Step, Step 1/4.

1 Step Left to Left side. 左足左踏

2&3 Cross step Right behind Left, make 1/8 turn to Left stepping forward Left, step forward Right. (10:30)
右足於左足後交叉踏, 左轉45度左足前踏, 右足前踏(面向10:30)

4-5 Step forward on Left, pivot 1/2 turn to Right. (4:30)
左足前踏, 右軸轉180度(面向4:30)

6-8 Step forward on Left, step forward on Right, pivot 1/4 turn to Left. (1:30) (weight on Left)
左足前踏, 右足前踏, 左軸轉90度(面向1:30)(重心在左足)

第六段 Step, Left Lock Step, Rock Step, 3/8, 1/2, 1/2.

1 Step forward on Right. 右足前踏

2&3 Step forward on Left, lock Right behind Left, step forward on Left. (1:30) 左足前踏, 右足於左足後鎖踏, 左足前踏(面向1:30)

4-5 Rock forward on Right, recover on Left.
右足前下沉, 左足回復

6-8 Make 3/8 turn to Right stepping forward on Right, 1/2 turn to Right stepping back on Left, 1/2 turn Right stepping forward on Right. (R*)
右轉145度右足前踏, 右轉180度左足後踏, 右轉180度右足前踏

R* Restart 1.. Walls 2 & 4
Dance up to & including Count 48 then Restart from beginning.
第二面牆及第四面牆跳至此, 從頭起跳

第七段 Step, Hold, Ball Step. Hitch, Coaster Step, Cross 1/4.

1 Step forward on Left. 左足前踏

2&3 Hold, step Right next to Left, step forward on Left.
候, 右足併踏, 左足前踏

4 Scuff Right past Left & Hitch Right knee. 右足擦踢右膝抬

5-7 Step back on Right, step Left next to Right, step forward on Right.
右足後踏, 左足併踏, 右足前踏

8 Make 1/4 turn to Left cross stepping Left over Right.
左轉90度左足於右足前交叉踏

第八段 Cross 1/4, 1/8 Shuffle, 1/4, 1/4, 1/4 , 1/8, Step. (Circlular)

1 Make 1/4 turn to Right cross stepping Right over Left. (6:00)
右轉90度右足於左足前交叉踏(面向6點鐘)

2&3 1/8 turn to Right stepping back on Left, step Right next to Left, step back on Left. (7:30)
右轉45度左足後踏, 右足併踏, 左足後踏(面向7:30)

4-6 Make 1/4 turn Right stepping forward Right, (10:30 1/4 turn Right stepping back Left, (1:30) 1/4 turn Right stepping forward Right, (4:30)
右轉90度右足前踏(面向10:30), 右轉90度左足後踏(面向1:30), 右轉90度右足前踏(面向4:30)

7-8 1/8 turn Right stepping forward on Left, step Right next to Left. (6:00)
右轉45度左足前踏, 右足併踏(面向6點鐘)