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| 1-2-3-4 (zh) |  |

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| . |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Niels Poulsen (DK) - 2010年11月 |
| **Music:** | 1-2-3 - Ann Tayler : (CD: Home To Louisiana) |
| . |

**前奏： 16拍(約10秒)後起跳**

**第一段: R Toe Strut Jazz Box, L Toe Strut Fw**

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| --- | --- |
| 1–4 | 右足趾於左足前交叉踏, 右足踏, 左足趾後點, 左足踏(面向12點鐘) |

|  |  |
| --- | --- |
| 5–8 | 右足趾右點, 右足踏, 左足趾前點, 左足踏(面向12點鐘) |

**第二段: R Step Lock Step, Hold, Step ½ Turn R, Step Fw L, Hold**

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| --- | --- |
| 1–4 | 右足前踏, 左足於右足後鎖踏, 右足前踏, 候(面向12點鐘) |

|  |  |
| --- | --- |
| 5–8 | 左足前踏, 右轉180度, 左足前踏, 候(面向6點鐘) |

**第三段: R Toe Strut Jazz Box, L Toe Strut Fw**

|  |  |
| --- | --- |
| 1–4 | 右足趾於左足前交叉點, 右足踏, 左足趾後點, 左足踏(面向6點鐘) |

|  |  |
| --- | --- |
| 5–8 | 右足趾右點, 右足踏, 左足趾前點, 左足踏(面向6點鐘) |

**第四段: R Step Lock Step, Hold, Step ¼ R Cross, Hold**

|  |  |
| --- | --- |
| 1–4 | 右足前踏, 左足於右足後鎖踏, 右足前踏, 候(面向6點鐘) |

|  |  |
| --- | --- |
| 5–8 | 左足前踏, 右轉90度, 左足於右足前交叉踏, 候(面向9點鐘) |

**第五段: R Side Rock, Back Rock, Side Rock Cross, Hold**

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| --- | --- |
| 1–4 | 右足右下沉, 左足回復, 右足後下沉, 左足回復 |

|  |  |
| --- | --- |
| 5–8 | 右足右下沉, 左足回復, 右足於左足前交叉踏, 候(面向9點鐘) |

**第六段: Triple ¾ R, Walk, Hold/Clap, Walk, Hold/Clap**

|  |  |
| --- | --- |
| 1–4 | 右轉90度左足後踏, 右轉180度右足前踏, 左足前踏, 候(面向6點鐘) |

|  |  |
| --- | --- |
| 5–8 | 右足前走, 候(拍手), 左足前走, 候(拍手)(面向6點鐘) |

**第七段: R Point Fw With Hip Bumps, Hold, Repeat With L, Hold**

|  |  |
| --- | --- |
| 1–4 | 右足前點前推臀, 後推臀, 前推臀右足踏, 候(面向6點鐘) |

|  |  |
| --- | --- |
| 5–8 | 左足前點前推臀, 後推臀, 前推臀左足踏, 候(面向6點鐘) |

**第八段: R Mambo Step Fw, Hold, L Coaster Step, Hold**

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| --- | --- |
| 1–4 | 右足前下沉, 左足回復, 右足後踏, 候(面向6點鐘) |

|  |  |
| --- | --- |
| 5–8 | 左足後踏, 右足併踏, 左足前踏, 候(面向6點鐘) |

**加拍1: 第一面牆及第三面牆結束(都面向6點鐘), 加下面4拍後, 從頭起跳**

|  |  |
| --- | --- |
| 1–4 | 右足前走, 候, 左足前走, 候(面向6點鐘) |

**加拍2: 第六面牆開始(6點鐘), 跳完第三段(12點鐘), 加12拍後, 從頭起跳**

|  |  |
| --- | --- |
| 1–2 | 右足重踏, 候(面向12點鐘) |

|  |  |
| --- | --- |
| 3–8 | 左足於右足前交叉踏, 候, 右足後踏, 候, 左足左踏, 候(面向12點鐘) |

|  |  |
| --- | --- |
| 9–12 | 右足於左足前交叉踏, 候, 左足左踏, 候(面向12點鐘) |