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| Carry Out (帶出場) (zh) |  |

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| **Count:** | 48 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Jamie Marshall (USA) - 2010年03月 |
| **Music:** | Carry Out (feat. Justin Timberlake) - Timbaland |
| . |

**前奏： Intro: 64 counts (29 secs) Start on Main Vocals (Total Song Duration 3m 42s)**

**第一段**

**Press, R Swivet, Center, Press, L Swivet, Center, Coaster Step, Kick, Step, Step  壓, 右旋轉, 轉回, 壓, 左旋轉, 轉回, 海岸步, 踢 踏 踏**

**1&2**

**Press R forward (1), Swivel R toe to R, L heel to L (&), Return to center, taking weight on R (2)  右足前壓踏, 右足趾轉向右, 轉回重心在右足**

**3&4**

**Press L forward (3), Swivel L toe to L , R heel to R (&), Return to center, leaving weight on R (4)  左足前壓踏, 左足趾轉向左, 轉回重心在右足**

**5&6**

**Step L back (5), Step R next to L (&), Step L forward (6)**

**左足後踏, 右足併踏, 左足前踏**

**7&8**

**Kick R forward (7), Step R next to L (&), Step L forward (small step forward) (8) (12:00)  右足前踢, 右足併踏, 左足略前踏(面向12點鐘)**

**第二段**

**Knee Pops, Turning ¼ R, Sailor Step, Weave 彈膝右1/4, 水手步, 藤步**

**&9**

**Begin ¼ turn to R, raising heels as popping knees out (&), Drop heels (9) 右轉雙足踵抬彈膝, 雙足踵踏**

**extend R arm as move hand down and up, like riding a motorcycle (for fun)  右手伸出像在騎摩托車**

**&10**

**Repeat  同&9**

**&11**

**Repeat  同&9**

**&12**

**Repeat  同&9**

**(completing the ¼ turn to R (weight on L) (12) (3:00)**

**四次同樣動作剛好右轉90度(重心在左足)(面向3點鐘)**

**\*Option:**

**Keeping legs stiff, do robot turn, sliding feet on floor to make turn.)**

**雙腿保持僵硬, 像機器人雙腳在地板上滑著轉動**

**13&14**

**Cross R behind L (13), Step L to L (&), Step R to R (14)**

**右足於左足後交叉踏, 左足左踏, 右足右踏**

**15&16**

**Cross L behind R (15), Step R to R (&), Cross L over R (16) (3:00)**

**左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向3點鐘)**

**第三段**

**Point R To R, Turn ¼ R, Extending L Toe Back, Heel, Heel, Press, Hold, Press, Hold 右足右點, 右1/4, 左趾後, 踵收踵收, 壓, 候, 壓, 候**

**17&18**

**Lower upper body, as point R to R (17), Turn ¼ R, stepping R next to L (&), Extend L toe back (18) (6:00)**

**身體略彎右足右點, 右轉90度右足併踏, 左足趾後點(面向6點鐘)**

**19&**

**Raising upper body, extend L heel forward (19), Step L next to R (&)**

**站直左足踵前點, 左足併踏**

**20&**

**Extend R heel forward (20), Step R next to L (&)**

**右足踵前點, 右足併踏**

**21,22**

**Slightly bending forward, press L forward (21), Hold (22)**

**左足前壓踏略彎, 候**

**&23,24**

**Step L next to R (&) Press R forward (23), Hold (24)**

**左足併踏, 右足壓踏, 候**

**&**

**Step R next to L (&) (6:00)  右足併踏(面向6點鐘)**

**第四段**

**Rock, Recover, ½ Turning Triple, ½ Turning Triple, Coaster Step**

**下沉 回復, 小三步轉, 小三步轉, 海岸步**

**25,26**

**Rock L forward (25), Recover onto R (26)  左足前下沉, 右足回復**

**27&28**

**Turning ½ L, step L forward (27), Step R next to L (&), Step L forward (28) (12:00)  左轉180度左足前踏, 右足併踏, 左足前踏(面向12點鐘)**

**29&30**

**Turning ½ L, step R back (29), Step L next to R (&), Step R back (30)**

**左轉180度右足後踏, 左足併踏, 右足後踏**

**31&32**

**Step L back (31), Step R next to L (&), Step L forward (32)**

**左足後踏, 右足併踏, 左足前踏**

**第五段**

**Out, Out, In, In, Touch Back, Turn ½ R, Kick, Step, Touch (Dance on first 4 walls only) 大 大 小 小, 後點 右轉, 踢 踏 點(這一段只跳帶前四面牆)**

**33,34**

**Step R out to R (33), Step L out to l (34)  右足右踏, 左足左踏**

**35,36**

**Step R in to center (35), Step L in next to R (36)**

**右足回踏, 左足併踏**

**37,38**

**Touch R toe back (37), Pivot ½ R, taking weight on R (38)**

**右足趾後點, 右軸轉180度重心在右足**

**39&40**

**Kick L forward (39), Step L next to R (&), Touch R next to L (40)**

**左足前踢, 左足併踏, 右足併點**

**Styling:**

**On Walls #1 & #3, please Kick, Step, Touch, with pelvic thrusts.**

**第一面牆及第三面牆最後踢, 踏, 點要帶推臀**

**第六段**

**Out, Out, In, In, Touch Back, Turn ½ R, Kick, Step, Touch (Dance on first 4 walls only) 大 大 小 小, 後點 右轉, 踢 踏 點(這一段只跳帶前四面牆)**

**41,42**

**Step R out to R (41), Step L out to l (42)  右足右踏, 左足左踏**

**43,44**

**Step R in to center (43), Step L in next to R (44)**

**右足回踏, 左足併踏**

**45,46**

**Touch R toe back (45), Pivot ½ R, taking weight on R (46)**

**右足趾後點, 右軸轉180度重心在右足**

**47&48**

**Kick L forward (47), Step L next to R (&), Touch R next to L (48)**

**左足前踢, 左足併踏, 右足併點**

**Styling:**

**On Walls #1 & #3, please Kick, Step, Touch, with pelvic thrusts.**

**第一面牆及第三面牆最後踢, 踏, 點要帶推臀**