John Wayne Walking (昂首闊步) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Alison Metelnick (UK) - 2010年09月
Music: John Wayne Walking Away - Lari White : (CD: Stepping Stone)

前奏： Start on verse vocals 16 counts after beat kicks in 16拍後唱歌起跳

第一段 Step Forward R, ½ Turn R Stepping L Back, R Coaster Step, ¼ R Pivot, L Cross Shuffle 踏 反轉, 海岸步, 踏 1/4, 交叉交換

1-2 Step R forward (extended 5th), ½ turn R, step back on L (6 o'clock)
右足前踏(第五位置), 右轉180度左足後踏(面向6點鐘)

3&4 Step R back, step L next to R, step R forward
右足後踏, 左足併踏, 右足前踏

5-6 Step L forward, pivot ¼ R (9 o'clock)
左足前踏, 右軸轉90度(面向9點鐘)

7&8 Cross step L over R, step R next to L, cross step L over R
左足於右足前交叉踏, 右足併踏, 左足於右足前交叉踏

第二段 R Side Rock & Recover, R Cross Shuffle, ½ R Hinge Turn, L Cross Shuffle 右下沉 回復, 交叉交換, 1/4 1/4, 交叉交換

1-2 Rock R to right side, recover weight on L 右足右下沉, 左足回復

3&4 Cross step R over L, step L to L side, cross step R over L
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Turn ¼ R stepping L back, turn ¼ R stepping R to R side (3 o'clock)
右轉90度左足後踏, 右轉90度右足右踏(面向3點鐘)

7&8 Cross step L over R, step R to R side, cross step L over R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第三段 R Side Rock & Recover, Behind-Side-Forward, Step L Forward, ½ Turn L Stepping R Back, L Coaster Step
右下沉 回復, 後 併 前, 踏 反轉, 海岸步

1-2 Rock R to right side, recover weight on L 右足右下沉, 左足回復

3&4 Cross step R behind L, step L next to R, step R forward
右足於左足後交叉踏, 左足併踏, 右足前踏

5-6 Step L forward (extended 5th), ½ turn L, step back on R (9 o'clock)
左足前踏(第五位置), 左轉180度右足後踏(面向9點鐘)

7&8 Step L back, step R next to L, step L forward
左足後踏, 右足併踏, 左足前踏

第四段 Skate Forward 2, R Shuffle Forward, L Forward Rock & Recover, L Coaster Cross 滑冰二次, 前交換, 下沉 回復, 海岸交叉

1-2 Skate forward R & L 右足前滑冰, 左足前滑冰

3&4 Step R forward, step L next to R, step R forward
右足前踏, 左足併踏, 右足前踏

5-6 Rock L forward, recover R 左足前下沉, 右足回復

7&8 Step L back, step R next to L, cross step L over R
左足後踏, 右足併踏, 左足於右足前交叉踏

第五段 **Travelling Forward, R Side Rock Recover Forward, L Side Rock Recover Forward, R Forward R & Recover, ½ Turn R, R Shuffle Forward**
(向前移動)右下沉 回復 前踏, 左下沉 回復 前踏, 下沉 回復, 轉交換

1&2 Rock R to R side, recover weight on L, step R forward
右足右下沉, 左足回復, 右足前踏

3&4 Rock L to L side, recover weight on R, step L forward
左足左下沉, 右足回復, 左足前踏

5-6 Rock R forward, recover weight on L 右足前下沉, 左足回復

7&8 ½ turn over R shoulder step R forward, step L next to R, step R forward (3 o'clock) 右轉180度右足前踏, 左足併踏, 右足前踏(面向3點鐘)

第六段 **Travelling Forward, L & R Samba Steps, L Forward Rock & Recover, ½ Turn L, L Shuffle Forward (向前移動)左森巴, 右森巴, 下沉 回復, 轉交換**

1&2 Cross step L forward over R, step R next to L, step L next to R
左足於右足前交叉踏, 右足併踏, 左足併踏

3&4 Cross step R forward over L, step L next to R, step R next to L
右足於左足前交叉踏, 左足併踏, 右足併踏

5-6 Rock L forward, recover weight on R 左足前下沉, 右足回復

7&8 ½ turn over your L shoulder, step L forward, step R next to L, step L forward (extended 5th position) (9 o'clock)
左轉180度左足前踏, 右足併踏, 左足前踏(第五位置)(面向9點鐘)

第七段 **½ Turn L Step R Back, Step L Back, R Coaster Cross, L To L Side, R Sailor Step, Cross L Over R 反轉 後, 海岸交叉, 左, 水手步, 交叉**

1-2 Turning ½ L step back R, step back L (3 o'clock)
左轉180度右足後踏, 左足後踏(面向3點鐘)

3&4 Step R back, step L next to R, cross step R over L
右足後踏, 左足併踏, 右足於左足前交叉踏

5 Step L to L side 左足左踏

6&7 Cross step R behind L, step L next to R, step R to R side
右足於左足後交叉踏, 左足併踏, 右足右踏

8 Cross step L over R 左足於右足前交叉踏

第八段 **Step R To R Side, ¼ L Coaster Step, Step R Forward, Step L Forward ½ Pivot R, L Shuffle Forward 右, 1/4轉海岸, 踏, 踏 轉, 前交換**

1 Step R to R side 右足右踏

2&3 Turning ¼ L step L behind R, step R next to L, step L forward (12 o'clock)
左轉90度左足於右足後踏, 右足併踏, 左足前踏(面向12點鐘)

4 Step R forward 右足前踏

5-6 Step L forward, ½ pivot R (6 o'clock)
左足前踏, 右軸轉180度(面向6點鐘)

7&8 Step L forward, step R next to L, step L forward
左足前踏, 右足併踏, 左足前踏