Americano (阿兜仔) (zh)

Count: 0 **Wall:** 2 **Level:** Intermediate
Choreographer: Simon Ward (AUS) & Maddison Glover (AUS) - 2010年01月
Music: Americano (Tu vuo' fa l' Americano) - Patrizio Buanne

前奏： Start on Vocals(32 counts into track)
Part A A部份 36拍

第一段 Cross Samba, Cross ¼ turn ¼ turn, Cross Samba, Cross ¼ turn ¼ turn
交叉森巴, 交叉 1/4 1/4, 交叉森巴, 交叉 1/4 1/4

1&2 Cross/step right over left, Step left to left side, Step onto right
右足於左足前交叉踏, 左足左踏, 右足踏

3&4 Cross/step left over right, Step right to right side turning ¼ turn left, Make a further ¼ left stepping on left
左足於右足前交叉踏, 左轉90度右足右踏, 左轉90度左足踏

5&6 Cross/step right over left, Step left to left side, Step onto right
右足於左足前交叉踏, 左足左踏, 右足踏

7&8 Cross/step left over right, Step right to right side turning ¼ turn left, Make a further ¼ left stepping on left
左足於右足前交叉踏, 左轉90度右足右踏, 左轉90度左足踏

第二段 Rock recover, Sailor Step, Rock recover, Sailor step
下沉 回復, 水手步, 下沉 回復, 水手步

1-2 Rock/step right forward at 45 deg left, Rock/replace left back sweeping right to right side 右足於左斜角前下沉, 左足回復右足右繞

3&4 Step right slightly behind left, Step left to left side, Step right slightly to right (12.00)
右足於左足後踏, 左足左踏, 右足略前踏(面向12點鐘)

5-6 Rock/step left forward at 45 deg right, Rock/replace right back sweeping left to left side 左足於右斜角前下沉, 右足回復左足左繞

7&8 Step left slightly behind right, Step right to right side, Step slightly forward on left (12.00)
左足於右足後踏, 右足右踏, 左足略前踏(面向12點鐘)

第三段 Forward, Pivot ½, Forward, Pivot ½, Fwd ¼ turn, Sway Hips
踏 轉, 踏 轉, 踏 1/4, 擺臀

1-2 Step right forward, Pivot ½ turn left taking weight onto left
右足前踏, 左轉180度重心在左足

3-4 Step right forward, Pivot ½ turn left taking weight onto left
右足前踏, 左轉180度重心在左足

5-6 Step right forward turning ¼ turn left swaying hips to right, sway hips left 左轉90度右足前踏右擺臀, 左擺臀

7-8 Sway hips right, Sway hips left 右擺臀, 左擺臀

(head facing 12.00 on counts 5-8 swaying right hand with hips, snap fingers when swaying to left) 跳5-8拍時, 右手跟著擺動, 當左擺臀時要彈指

第四段 ¼ turn Walk, Walk, Lock shuffle fwd, Fwd Hold, Pivot 1/2 Turn, Hold
1/4走, 走, 前鎖步, 踏, 候, 轉, 候

1-2 Turn ¼ turn left and step right forward, Step left forward
左轉90度右足前踏, 左足前踏

3&4 Step right forward, Lock/step left behind right, Step right forward
右足前踏, 左足於右足後鎖踏, 右足前踏

5-6 Step left forward, Hold, 左足前踏, 候

7-8 Pivot ½ turn right taking weight onto right, Hold
右軸轉180度重心在右足, 候

第五段 Fwd x 3 Hold 踏三次, 候

1-4 Walk left forward, walk right forward, Step left forward, hold (do your walks with attitude/stomp!)
左足前走, 右足前走, 左足前踏, 候 (走步帶動作及重踏)

Tag: the 2nd time you've done Part A (facing 6:00) HOLD for an extra 4 counts, arms to the sides and SHIMMY your shoulders!!!
第二次跳A部份面向6點鐘時, 候會超過4拍, 雙手擺兩邊做肩膀抖動動作

Part B B部份 80拍

第一段 Toe, Heel, Cross x 2, Toe Heel 趾 踵 交叉 二次, 趾 踵

1-3 Touch right toe next to left, Touch right heel next to left, Cross/step right over left 右足趾併點, 右足踵併點, 右足於左足前交叉踏

4-6 Touch left toe next to right, Touch left heel next to right, Cross/step left over right 左足趾併點, 左足踵併點, 左足於右足前交叉踏

7-8 Touch right toe next to left, Touch right heel next to left (Twist for style & travel slightly forward during these 8 counts)
右足趾併點, 右足踵併點
(這8拍以扭轉的姿勢, 往前移動)

第二段 Cross, side, Cross, Side, Cross, Hold, Fwd lock
交叉, 側, 交叉, 側, 交叉, 候, 踏 鎖

1-2 Cross/step right heel over left, Grind right heel to the right and step left to left side 右足踵於左足前交叉點, 右足踵向右轉左足左踏

3-4 Cross/step right heel over left, Grind right heel to the right and step left to left side 右足踵於左足前交叉點, 右足踵向右轉左足左踏

5-6 Cross/step right heel over left, Hold taking weight onto right
右足踵於左足前交叉點, 候重心在右足

7-8 Step left forward at 45 deg left, Lock/step right behind left (10.30)
左足面向左斜角前踏, 右足於左足後鎖踏(面向10:30)

第三段 Fwd, Brush fwd, Brush back, Brush fwd, Brush back
踏, 前刷, 後刷, 前刷, 後刷

1-2 Step left fwd still facing the 45 deg angle left, Brush right foot fwd slightly hopping on left (10.30)
左足仍面向45度斜角前踏, 右足前刷(面向10:30)

3-4 Hold slightly hopping left on the spot (use arms in running position for styling), Brush right foot back
候左足原地單腳跳(雙手呈現跑的姿勢), 右足後刷

5-6 Hold slightly hopping left on the spot (use arms in running position for styling), Brush right foot fwd
候左足原地單腳跳(雙手呈現跑的姿勢), 右足前刷

7-8 Hold slightly hopping left on the spot (use arms in running position for styling), Brush right foot back
候左足原地單腳跳(雙手呈現跑的姿勢), 右足後刷

第四段 Back, back, back, Hold, Back, back, back, Hold
後, 後, 後, 候, 後, 後, 後, 候

1-2 Step right back, Step left back 右足後踏, 左足後踏

3-4 Step right back, Hold and slightly slide left back (10.30)
右足後踏, 候(左足滑向後)(面向10:30)

5-6 Step left back, Step right back 左足後踏, 右足後踏

7-8 Step left back, Hold and slightly slide right back (10.30)
左足後踏, 候(右足略滑向後)(面向10:30)

第五段 Rock right back, Hold, Step left forward, Hold, Step right forward, Hold, Pivot to 6.00 wall, Hold
右足後踏, 候, 左足前踏, 候, 右足前踏, 候, 轉, 候

1-4 Rock/step right back, Hold, Step left forward, Hold
右足後下沉, 候, 左足前踏, 候

5-8 Step right forward, Hold, Pivot to 6.00 wall taking weight onto left, Hold 右足前踏, 候, 左軸轉正重心在左足

第六段 Touch fwd, Hold, Step back, Hold, Touch left back, Hold, Step fwd, Step right beside left (Charleston Step)
查爾斯頓步

1-4 Touch right toe fwd, Hold, Sweep right foot to right and step right back, Hold **(*)** 右足趾前點, 候, 右足繞至後踏, 候
(跳第二次B至此, 接續跳第七段)

5-8 Sweep left foot to left & Touch left toe back, Hold, Sweep left foot to left and step left forward, Step right beside left **(#)**
左足繞至後點, 候, 左足繞至前踏, 右足併踏
(跳至第三次B至此, 從頭起跳)

第七段 Twist, twist, kick, twist twist kick, Rock back
轉, 轉, 踢, 轉, 轉, 踢, 後下沉, 回復

1-3 Twist heels right, twist heels left, twist heels right while kicking left low at 45 deg left
雙足踵向右轉, 雙足踵向左轉, 雙足踵向右轉左足向左斜角略踢

4-6 Twist heels left, twist heels right, twist heels left while kicking right low at 45 deg right
雙足踵向左轉, 雙足踵向右轉, 雙足踵向左轉右足向右斜角略踢

7-8 Rock/step right behind left, Rock forward on left (6.00)
右足於左足後交叉下沉, 左足回復(面向6點鐘)

第八段 Extended Right vine, touch 右華倫延伸

1-4 Step right to right side, Step left behind right, Step right to right side, Cross step left over right
右足右踏, 左足於右足後踏, 右足右踏, 左足於右足前交叉踏

5-8 Step right to right side, Step left behind right, Step right to right side, step left beside right (6.00)
右足右踏, 左足於右足後踏, 右足右踏, 左足併踏(面向6點鐘)

第九段 Twist, twist, kick, twist twist kick, Rock back
轉, 轉, 踢, 轉, 轉, 踢, 後下沉, 回復

1-3 Twist heels left, twist heels right, twist heels left while kicking right low at 45 deg right
雙足踵向左轉, 雙足踵向右轉, 雙足踵向左轉右足向右斜角略踢

4-6 Twist heels right, twist heels left, twist heels right while kicking left low at 45 deg left
雙足踵向右轉, 雙足踵向左轉, 雙足踵向右轉左足向左斜角略踢

7-8 Rock/step left behind right, Rock forward on right (6.00)
左足於右足後下沉, 右足回復(面向6點鐘)

第十段 Vine Left, cross, step L to L side, slide R, touch
左華倫, 交叉, 左踏, 右滑, 點

1-4 Step left to left side, Step right behind left, Step left to left side, Cross step right over left
左足左踏, 右足於左足後踏, 左足左踏, 右足於左足前交叉踏

5-8 Step left a big step to left side, slide right towards left on count 6 and 7, Touch right beside left
左足左一大步, 右足以2拍滑併, 右足併點

Part C C部份 48拍
(do a HOLD before starting the C section! The music for the C section starts slowly, but becomes quicker and quicker!)
C部份開始的音樂有點慢, 先停拍等候, 但音樂會漸漸變快

第一段 Right side, Kick, Side, Kick, Side, Behind, side, kick
右, 踢, 側, 踢, 側, 後, 側, 踢

1-4 Step right to right side, Kick left across right, Step left to left side, Kick right across left
右足右踏, 左足於右足前交叉踢, 左足左踏, 右足於左足前交叉踢

5-8 Step right to right side, Step left behind right, Step right to right side, Kick left across right
右足右踏, 左足於右足後踏, 右足右踏, 左足於右足前交叉踢

第二段 Left side, Kick, Side, Kick, Side, Behind, side, touch
左, 踢, 側, 踢, 側, 後, 側, 點

1-4 Step left to left side, Kick right across left, Step right to right side, Kick left across right
左足左踏, 右足於左足前交叉踢, 右足右踏, 左足於右足前交叉踢

5-8 Step left to left side, Step right behind left, Step left to left side, Touch right beside left
左足左踏, 右足於左足後踏, 左足左踏, 右足併點

第三段 Jazz Box 爵士方塊

1-8 Step right forward, Hold, Cross/step left over right, Hold, Step right back, Hold, Step left to left side, Hold
右足前踏, 候, 左足於右足前交叉踏, 候, 右足後踏, 候, 左足左踏, 候

第四段 Jazz Box turning ¼ left 爵士方塊1/4

1-8 Step right forward, Hold, Cross/step left over right, Hold, Step right back turning ¼ turn left, Hold, Step left to left side, Hold (9.00)
右足前踏, 候, 左足於右足前交叉踏, 候, 右足後踏左轉90度, 候, 左足左踏, 候(面向9點鐘)

第五段 Fwd ¼ turns swaying hips x 3 with Holds, Cross/step, Hold, Back, Touch
踏 1/4 推臀 共三次, 交叉, 候, 後, 點

1-4 Step right forward turning ¼ turn left swaying hips to right, Hold, take weight onto left, Hold (6.00)
右足前踏左轉90度左推臀, 候, 重心轉至左足, 候 (面向6點鐘)

5-8 Step right forward turning ¼ turn left swaying hips to right, Hold, take weight onto left, Hold (3.00)
右足前踏左轉90度左推臀, 候, 重心轉至左足, 候(面向3點鐘)

9-12 Step right forward turning ¼ turn left swaying hips to right, Hold, take weight onto left, Hold (12.00)
右足前踏左轉90度左推臀, 候, 重心轉至左足, 候(面向12點鐘)

13-16 Cross/step right over left, Hold, Step left back, Touch right beside left 左足於左足前交叉踏, 候, 左足後踏, 右足併點

FINISH: End the dance doing the Charleston (you'll be facing 6:00), then step forward right & pivot ½ L to front wall, arms out and do jazz fingers upwards
最後結束會在面向6點鐘的查爾斯頓步後, 加做右足前踏, 左轉180度至前面牆, 雙手以爵士舞抖動雙手往上舉結束
This dance may look like a nightmare though the music tells you what to do the whole time. The steps aren't too hard and the different tempos help you know where you are up too. Once you have done it a few times you will be fine. It requires attitude and energy so give it all you got. Have fun
整支舞感覺像個惡夢, 但是音樂聽得出來, 舞步沒有很難, 不一樣的音樂節奏會讓你知道跳到那兒, 多跳幾次就會上腳, 這支舞需要付出肢體動作及體力才能有收獲, 玩得愉快囉
A big Thank You to Tom Glover for finding us the song. Oh did we mention Part B is really fast ??? □還有就是B部份速度很快喔