Don't Be A Drag (zh)

Compte: 64 **Mur:** 4 **Niveau:** Intermediate
Chorégraphe: Neville Fitzgerald (UK) & Julie Harris (UK) - 2011年02月
Musique: Born This Way - Lady Gaga

前奏： Starts on Singing Vocal.. (16 Counts)

第一段 **Rock Step & Walk, Walk, Rock Step & Step, Heel Bounce.**

1-2 Rock forward on Left, recover on Right.
左足前下沉, 右足回復

&3-4 Step Left next to Right, walk forward Right-Left.
左足併踏, 前走步-右, 左

5-6 Rock forward on Right, recover on Left.
右足前下沉, 左足回復

&7 Step Right next to Left, step Left forward. (weight mostly on Right) 右足併踏, 左足前踏(重心在右足)

&8 Lift both heels (knees pop forward slightly), lower heels.
雙足踵抬(膝略前彈), 雙足踵踏

第二段 **Back, Back, Coaster Step, Jazz Box 1/4.**

1-2 Walk back Left-Right. 後走-左, 右

3&4 Step back on Left, step Right next to Left,step forward on Left.
左足後踏, 右足併踏, 左足前踏

5-8 Cross step Right over Left, make 1/8 turn to Right stepping back on Left, 1/8 turn Right stepping Right to Right side, step forward & slightly Left on Left. (3:00)
右足於左足前交叉踏, 右轉45度左足後踏, 右轉45度右足右踏, 左足略左前踏(面向3點鐘)

第三段 **Sailor Step, Sailor 1/2 Turn, Out, Out, Hold & Cross.**

1&2 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

3&4 Make 1/4 turn Left stepping Left behind Right, 1/4 turn Left stepping Right next to Left, step forward on Left.
左轉90度左足於右足後踏, 左轉90度右足併踏, 左足前踏

5-6 Step Right out to Right side (slightly forward), step Left out to Left side. 右足右前踏, 左足左前踏

&7-8 Hold, step Right next to Left, cross step Left over Right.
候, 右足併踏, 左足於右足前交叉踏

第四段 **Point, Cross, Point, Behind, Point, 1/2, Step, 1/2 Pivot.**

1-2 Point Right to Right side, cross step Right over Left.
右足右點, 右足於左足前交叉踏

3-4 Point Left to Left side, cross step Left behind Right.
左足左點, 左足右足後交叉踏

5-6 Point Right to Right side, make 1/2 turn to Right stepping Right next to Left.
右足右點, 右轉180度右足併踏

7-8 Step forward on Left, pivot 1/2 turn to Right.
左足前踏, 右軸轉180度

第五段 **Step, 1/2 Pivot, 1/4 Rock Step, Behind & Step, Walk, Walk.**

1-2 Step forward on Left, pivot 1/2 turn to Right.
左足前踏, 右軸轉180度

3-4 Make 1/4 turn to Right rocking Left to Left side, recover on Right. 右轉90度左足左下沉, 右足回復

5&6 Cross step Left behind Right, step Right to Right side, step forward on Left
左足於右足後交叉踏, 右足右踏, 左足前踏

7-8 Walk forward Right-Left. 前走-右, 左

第六段 Kick & Plop, Kick & Plop, Forward Rock & Side Rock.

1&2 Kick Right forward (rising up on Left), step Right next to Left, step (plop) forward on Left as you dip down.
右足前踢(左足抬), 右足併踏, 左足前蹲踏

3&4 Kick Right forward (rising up on Left), step Right next to Left, step (plop) forward on Left as you dip down.
右足前踢(左足抬), 右足併踏, 左足前蹲踏

5-6 Rock forward on Right, recover on Left.
右足前下沉, 左足回復

&7-8 Step Right next to Left, rock to Left side on Left, recover on Right. 右足併踏, 左足左下沉, 右足回復

RESTART: Wall 5, **Dance Up To & Including Count 48, Wall 5, Then Restart Dance From Beginning. (The Tag does NOT count as a wall)** 第五面牆跳至此, 從頭起跳

第七段 Cross & Cross, 1/4 Lock Step Back, 1/2 Shuffle Turn, Rock Step.

1&2 Cross step Left over Right, step Right to Right side, cross step Left over Right.
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

3&4 Make 1/4 turn to Left stepping back on Right, cross/lock Left over Right, step back on Right.
左轉90度右足後踏, 左足於右足前交叉踏, 右足後踏

5&6 Make 1/4 turn to Left stepping Left to Left side, step Right next to Left, 1/4 turn Left stepping forward on Left.
左轉90度左足左踏, 右足併踏, 左轉90度左足前踏

7-8 Rock forward on Right, recover on Left.
右足前下沉, 左足回復

第八段 Back, Back, Hitch & Step Back, Back, Touch, 1/4 Turn, Step.

1-2 Walk back Right-Left. 後走步-右, 左

3&4 Hitch Right knee forward, step Right next to Left, step back on Left. 右膝前抬, 右足併踏, 左足後踏

5-6 Step back on Right, touch Left toe back.
右足後踏, 左足趾後點

7-8 Make 1/4 turn to Left taking weight on Left, step forward on Right. 左轉90度重心在左足, 右足前踏

TAG: To Be Danced Once At END Of Wall 2**… Facing Front.**
第二面牆結束面向前面牆時加做

1-4 Make 1/8 turn to Left stepping forward Left (10:30), Hold,1/4 turn to Left stepping forward Right (7:30), Hold,
左轉45度左足前踏(10:30), 候, 左轉90度右足前踏(7:30), 候

5-8 1/4 turn to Left stepping forward Left (4:30), Hold, 1/4 turn to Left stepping forward Right (1:30), Hold.
左轉90度左足前踏(4:30), 候, 左轉90度右足前踏(1:30), 候

1-4 Make 1/4 turn to Right stepping forward on Left (4:30), Hold, 1/4 turn to Right stepping forward on Right (7:30). Hold,
右轉90度左足前踏(4:30), 候, 右轉90度右足前踏(7:30), 候

5-8 1/4 turn to Right stepping forward on Left (10:30), Hold, 1/8 turn Right stepping forward on Right (12:00), Hold.
右轉90度左足前踏(10:30), 候, 右轉45度右足前踏(12:00), 候

The Tag will make a figure 8 shape, circling first to Left then Right.
做一個數字8的形狀, 由左轉至右