Dy-No-Mite! (zh)

Compte: 32 **Mur:** 4 **Niveau:** Intermediate / Advanced
Chorégraphe: Bracken Heidenreich (USA) & Ruben Luna (USA) - 2010年12月
Musique: Dynamite - Taio Cruz : (Album: Rokstarr, Bonus Track Version)

前奏： 16 count intro (Start on “dance”)

第一段 Skate, Skate, Side Together Side, Cross Rock Side, Chug 1/8, Chug 1/8

1 Keeping knees slightly bent bring Right foot beside left foot while pivoting right on left foot to face 1:00 and step Right forward (Right skate) 右足膝略彎併踏, 右足轉向1點方向前踏(右足滑冰步)

2 Keeping knees slightly bent bring Left foot beside right foot while pivoting left on right foot to face 11:00 and step Left forward (Left skate) 左足膝略彎併踏, 左右足轉向11點方向前踏(左足滑冰步)

3&4 Step Right to right side, & Step Left next to right, Step Right to right side 右足右踏, 左足併踏, 右足右踏

5&6 Cross Rock Left over right, & Recover in place on Right, Step Left to left side 左足於右足前交叉下沉, 右足回復, 左足左踏

7-8 Keeping feet shoulder width apart chug Right foot/heel two times to make 1/4 turn left (9:00)
(腳與肩同寬)僵屍跳兩次, 每次各轉45度(面向9點鐘)

第二段 Cross, Back, Glide Turn Side, Touch Out Out, Push, Push

1-2 Step Right across in front of left, Step Left back (push hips back for styling) 右足於左足前交叉踏, 左足後踏(後推臀)

3&4 Opening body to 10:30 diagonal step Right large step toward 1:30 diagonal, & (Sliding Left foot on floor) Touch left toe next to right foot (start turning toward 12:00 with this touch), Turn to face 12:00 to step Left to left side (12:00)
(身體面向10:30)右足面向1:30斜角右大步, 左足滑併點, 轉正左足左踏

5&6 Turning hips toward 10:30 diagonal Touch Right next to left, & Squaring up to 12:00 step Right to right side, Step Left to left side
轉臀面向10:30右足併點, 轉正右足右踏, 左足左踏

&7&8 &Shrug both shoulders up as you turn torso toward 10:30, Push shoulders down with Right arm straight down in front of body and Left arm straight down behind body, & Shrug both shoulders up as you turn torso toward 1:30, Push shoulders down with Left arm straight down in front of body and Right arm straight down behind body
擺動雙肩轉動身軀面向10:30, 右手在身體前伸向下左手伸向身體後,
擺動雙肩轉動身軀面向1:30, 左手在身體前伸向下右手伸向身體後

第三段 In, Quarter, Bend, Up, Pop, Pop, Walk, Walk

1-2 Bring Left leg next to right (Left knee popped forward, Right leg straight), 1/4 turn left keeping Left next to right (9:00)
左足併點(左膝前彈, 右腳伸直), 左轉90度左足併點(面向9點鐘)

3-4 Bend Right down (you are in a sitting position), Straighten Right (left knee still popped forward)
彎右膝呈坐姿, 右腳伸直左膝前彈

5-6 Straighten Left leg while popping Right knee forward, Straighten Right leg while popping Left knee forward (weight on right)
左腳伸直右膝前彈, 右腳伸直左膝前彈(重心在右足)

7-8 Step forward Left, Step forward Right
左足前踏, 右足前踏

第四段 Step Pivot, Step Pivot, Touch & Touch, Pop Walk, Pop Walk

1-2	Step Left forward, Pivot 1/2 turn right (3:00) 左足前踏, 右軸轉180度(面向3點鐘)
3-4	Step Left forward, Pivot 1/2 turn right (9:00) 左足前踏, 右軸轉180度(面向9點鐘)
5&6	Touch Left to left side, & Step Left next to right, Touch Right to right side 左足左點, 左足併踏, 右足右點
7	Step forward on Right (as you do so, close left to right popping left knee forward) 右足前踏(左足併踏左膝前彈)
8	Step forward on Left (as you do so, close right to left popping right knee forward) 左足前踏(右足併踏右膝前彈)