What U Wanna Do? (你想怎樣?) (zh)

Compte: 64 **Mur:** 3 **Niveau:** Intermediate
Chorégraphe: Jordan Lloyd (UK) - 2010年01月
Musique: Let It Go (feat. Pitbull) - Frankie J

第一段 **Side, Coaster Rock, Rock, Ball Rock Step, Ball Step, Step.**
側, 海岸下沉, 下沉, 併 下沉, 併 踏 踏

1 Step right to right side. 右足右踏

2&3 Step left back, step right next to left, rock forward on left.
左足後踏, 右足併踏, 左足前下沉

4&5 Rock back on right, step left next to right, rock back on right.
右足回復, 左足併踏, 右足後下沉

6&7 Step forward on left, step right next to left, step left forward
左足前踏, 右足併踏, 左足前踏

8 Step forward on right 右足前踏

第二段 **Kick Forward, Kick Back, Hitch ½ Turn, Step, Step Side, Knee Roll Bump. 前踢, 後踢, 抬轉, 踏, 踏側, 膝轉推臀**

1 Kick left foot forward 左足前踢

2-3 Kick left foot back, hitch left foot as you make a ½ turn left.
左足後踢, 左轉180度左足抬

&4-5 Step left forward, step right next to left, step left to left side.
左足前踏, 右足併踏, 左足左踏

6-8 Step right to right side, roll right knee, bump left hip to left side. 右足右踏, 右膝轉, 左推臀

第三段 **Bump, Ball Side, Kick Ball Step Back , Hold, Lift Heels, Drop Heels, Hold, Ball Step.**
推臀, 併 側, 踢 併 後踏, 候, 踵抬, 踵踏, 候, 併 踏

1&2 Bump hips to right side, bring left foot next to right, step right to right side. 右推臀, 左足併踏, 右足右踏

3&4 Kick left foot forward, step left next to right, step right back
左足前踢, 左足併踏, 右足後踏

5&6 Hold, lift both heels up, drop both heels.
候, 雙足踵抬, 雙足踵踏

7&8 Hold, step left next to right, step forward right.
候, 左足併踏, 右足前踏

第四段 **Scuff & Hitch ¼ , Back ¼, Sailor ¼, Sailor ¼, Coaster ¼.**
擦踢 抬轉1/4, 後 1/4, 水手轉1/4, 水手轉1/4, 海岸1/4

1&2 Scuff left forward, hitch left up, step left to left side making a ¼ turn left. 左足前擦踢, 左足抬, 左轉90度左足左踏

3&4 Step right behind left, step left to left side making a ¼ turn left, step right to right side.
右足於左足後踏, 左轉90度左足左踏, 右足右踏

5&6 Step left behind right, step right to right side making a ¼ turn right, step left to left side.
左足於右足後踏, 右轉90度右足右踏, 左足左踏

7&8 Step back on right making a ¼ turn right, step left next to right, step right forward. 右轉90度右足後踏, 左足併踏, 右足前踏

第五段 **Walk, Walk, Flick, Side, Ball Jazz Box, Side, Touch, Step.**
走, 走, 抬, 側, 併爵士方塊, 側, 點, 踏

1-2 Walk forward L,R 左足前走, 右足前走

&3-4 Flick left behind right, step left to left side, drag right next to left. 左足於右足後抬, 左足左踏, 右足拖併

&5-6 Step right next to left, cross left over right, step back on right
右足併踏, 左足於右足前交叉踏, 右足後踏

7&8 Step left to left, touch right next to left, step right to right side. 左足左踏, 右足併點, 右足右踏

第六段 Kick ¼ & Touch, Hitch & Touch, Cross Rock, Rock, Walk, Rock.
1/4踢 併 點, 抬 併 點, 交叉下沉, 下沉, 走, 下沉

1&2 Kick left forward making a ¼ turn left, step left next to right, touch right behind left. 左轉90度左足前踢, 左足併踏, 右足於左足後點

3&4 Hitch right leg up, step right next to left, touch left to left side.
右足抬, 右足併踏, 左足左點

5&6 Cross left over right, rock back on right, rock forward onto left.
左足於右足前交叉踏, 右足後下沉, 左足前下沉

7-8 Walk forward on right, rock forward on left
右足前走, 左足前下沉

On Wall 5, dance up to and including section 5, but instead of ending in a rock(count 8), Step forward on left then start the dance again! (You will be facing the 3 o'clock wall)
第五面牆跳至此, 第8拍改成左足前踏, 面向3點鐘從頭起跳

Repeat the restart at the same section on wall 6 (You will start the dance again on the 6 o'clock wall)Dance the dance as normal after the second restart
第六面牆跳至此, 面向6點鐘從頭起跳

第七段 Recover, Shuffle ½, Rock, Recover, Step ¼, Behind, Cross, Step
回復, 轉交換, 下沉 回復, 踏 1/4, 後, 交叉, 踏

1 Recover back onto right. 右足回復

2&3 Step left back making a ½ turn left, step right next to left, rock forward on left. 左足後踏左轉180度, 右足併踏, 左足前下沉

4-5 Recover back onto right, step left to left side making a ¼ turn left.
右足回復, 左轉90度左足左踏

6&7 Step right behind left, step left to left side, cross right over left. 右足於左足後踏, 左足左踏, 右足於左足前交叉踏

8 Step left to left side. 左足左踏

第八段 Step Out, Out, Coaster Step, Hitch, Ball Touch, Knee Roll, Lunge
外 外, 海岸步, 抬, 併 點, 膝轉, 曲膝

1-2 Step right to right side, step left out to left side.
右足右踏, 左足左踏

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

5&6 Hitch left leg slightly up, step left next to right, touch right to right side 左足略抬, 左足併踏, 右足右點

7-8 Roll right knee clockwise, Slightly lunge left foot to left side.
右膝順時針轉, 左足左曲膝踏