Ignition (點燃火花) (zh)

Compte: 0 **Mur:** 4 **Niveau:** Intermediate
Chorégraphe: Jane Boyd (USA) - 2010年10月
Musique: Ignition (Remix) - R. Kelly : (CD: Chocolate Factory)

前奏： Intro: Approx. 6 seconds (14 count, starts when “Now I’m not trying….”)
Part A: 32 Counts A部份 : 32拍

第一段 **Shuffle Diag Fwd, 1/8 Rock, Recover, Back Shuffle R, 1/8 Rock, Recover**
斜前交換, 1/8下沉 回復, 後交換, 1/8後下沉 回復

1&2 Shuffle L,R,L, towards front left diagonal (11:00)
左斜角前交換-左, 右, 左(面向11點鐘)

3-4 1/8 turn left, Rock forward on R, Recover on L squaring up to the side wall (9:00) 左轉45度右足前下沉, 左足回復轉正(面向9點鐘)

5&6 Shuffle R,L,R, backwards diagonally (facing 7:00; moving towards 1:00) 左斜角後交換-右, 左, 右(面向7點鐘, 向1點鐘方向移動)

7-8 1/8 turn left, Rocking back on L, Recover on R (6:00)
左轉45度左足後下沉, 右足回復(面向6點鐘)

第二段 **Touch Out, In, Step Side, Touch, Touch Out, In, Step Side, Touch**
左點, 併點, 左大步, 併點, 右點, 併點, 右大步, 併點

1-4 Touch L foot out to left side, Touch L foot beside R, Take a big step to the L dragging R foot, Touch R next to L,
左足左點, 左足併點, 左足左一大步右足拖併, 右足併點

5-8 Touch R foot out to the right side, Touch R foot beside L, Take a big step to the right dragging L foot, Touch L next to R,
右足右點, 右足併點, 右足大一大步左拖併, 左足併點

(You can add some styling by bumping hips with the touches)
碰到點步時, 配合做推臀動作

第三段 **Modified Kick Ball Cross x2, Unwind ½ turn, twist ½ turn, ¼ Sailor**
踢 併 交叉 二次, 繞轉, 旋轉, 1/4轉水手

1&2 Kick L foot out to the left side, Step on ball of L foot slightly behind the R, Cross R in front of L,
左足左踢, 左足略於右足後踏, 右足於左足前交叉踏

3&4 Kick L foot out to the left side, Step on ball of L foot slightly behind the R, Cross R in front of L,
左足左踢, 左足略於左足後踏, 右足於左足前交叉踏

5-6 Unwind ½ turn left, Twist back 1/2 turn right to the original position keeping weight on L, 左繞轉180度, 旋轉180度重心在左足

7&8 Sweep R foot behind L making ¼ turn to the R, Step L foot to the left side, Step R to the right,
右足繞至左足後右轉90度, 左足左踏, 右足右踏

第四段 **Rock, Recover, L Coaster, Modified Rocking Chair, Step to R**
下沉 回復, 海岸步, 變奏搖椅步, 右踏

1-2 Rock forward on L, Recover on R, 左足前下沉, 右足回復

3&4 Step L foot back, Step R foot back, Step L foot forward,
左足後踏, 右足後踏, 左足前踏

5&6&7 Rock forward on R, Recover on L, Hold (6), Rock back on R, Recover on L, 右足前下沉, 左足回復, 候, 右足後下沉, 左足回復

8 Step R foot to the right side, 右足右踏

Part B: 20 Counts B部份 : 20拍

第一段 **Hitch, 1/4 Hitch, Body Roll, Hitch, 1/4 Hitch, Body Roll**
抬, 1/4抬, 身體轉, 抬, 1/4抬, 身體轉

1-2 Hitch L foot, Hitch L foot making ¼ turn to left side,
左足抬, 左足抬左轉90度

3-4 Place L foot on floor and body roll diag. to side (9:00), moving weight onto L foot 左足踏身體轉向斜角(面向9點鐘), 重心移至左足

5-6 Hitch R foot, Hitch R foot making ¼ turn to right side,
右足抬, 右足抬右轉90度

7-8 Place R foot on floor and body roll diag. to side (12:00), weight forward onto the R foot, 右足踏身體轉向12點鐘, 重心至右足

(left foot will face 9:00 and right foot will faced 12:00 body facing 11:00) 左足面向9點鐘, 右足面向12點鐘, 身體面向11點鐘

第二段 **Jazz Box 1/8 of a turn, Hip Bumps 爵士方塊轉1/4, 推臀**

1-4 Step on L foot, Cross R foot in front of L making a 1/8 of a turn to left (square up to the wall (9:00), Step back on L foot, Step R to right side 左足踏, 左轉45度右足於左足前交叉踏, 左足後踏, 右足右踏

5&6&7 Bump L hip twice (5&), Hold (6), Bump R hip to right,(&), Bump L hip to left(7), 左推臀兩次, 候, 右推臀, 左推臀

8 Bump R hip to right (8) (make sure to transfer weight to R foot),
右推臀(重心移回右足)

***** (This is where (B Minus) ends) *****
第二次B部份(B Minus)只跳到這兒, 接續A部份

第三段 **Hip Bumps (Repeat steps 5-8 of last set)**
推臀, (最後一次多跳5-8重覆再做一次)

1&2&3 Bump L hip twice (1&), Hold (2), Bump R hip to right,(&), Bump L hip to left(3), 左足推臀兩次, 候, 右推臀, 左推臀

4 Bump R hip to right (4) (make sure to transfer weight to R foot).
右足右推臀(重心移至右足)