Cyclone (龍捲風) (zh)

Compte: 32 **Mur:** 2 **Niveau:** Advanced
Chorégraphe: Rachael McEnaney (USA) & Deborah Szekely (USA) - 2010年08月
Musique: Cyclone - Ernie Halter : (CD: Starting Over)

前奏： Count In: 16 counts from start of track – dance begins on vocals 16拍後唱歌起跳

第一段 **Diagonal Step Forward With Body Roll/Hip Circle, Weave R With Full Turn L, R Lunge, R Jazz Box With ¼ Turn**
斜前踏帶身體轉動或轉臀, 右藤步帶轉圈, 右曲膝, 爵士方塊帶1/4

1-2 Take big step forward on right diagonal (styling: body roll up or big hip circle counter clockwise) (1), close left next to right (2) 12.00
右足斜角前一大步(身體跟著轉動或臀部逆時針轉動), 左足併踏(12點鐘)

3&4 Step right to right side (3), make 1/8 turn left stepping left behind right (&), make 1/8 turn left stepping back on right (4) 9.00
右足右踏, 左轉45度左足於右足後踏, 左轉45度右足後踏(面向9點鐘)

&5 Make ½ turn left stepping forward on left (&), make ¼ turn left stepping right foot to right side (bend right knee into lunge position) 12.00
左轉180度左足前踏, 左轉90度右足右踏(右膝曲膝踏)

&6 Push into right foot straightening right knee as you ripple body upwards (&), transfer weight onto left (6) 12.00
推回右膝身體擺動站直, 重心至左足(面向12點鐘)

7&8 Cross right over left (7), make ¼ turn right stepping back on left (&), step right next to left (8) 3.00
右足於左足前交叉踏, 右轉90度左足後踏, 右足併踏(面向3點鐘)

第二段 **Step L, Lock R, Full Turn R, Boogie Walk L R, L Mambo With L Touch Back, ½ Turn L, Shimmy, Body Dips**
踏, 鎖, 右繞轉圈, 搖滾走步二次, 前曼波帶後點, 1/2, 抖肩, 身體蹲

&1 Step forward on left (&), touch ball of right behind left (1) (it will help next turn if you lock R foot as far to L of L foot as poss) 3.00
左足前踏, 右足於左足後點(可以鎖踏準備下一步轉圈)(面向3點鐘)

2 Unwind full turn to right transferring weight onto right foot (2) 3.00 右繞轉重心在右足(面向3點鐘)

3&4& Step forward on left (3), step forward on right (&), rock forward on left (4), recover weight onto right (&) 3.00
左足前踏, 右足前踏, 左足前下沉, 右足回復(面向3點鐘)

styling: On the 2 walks forward on counts 3& soften knees and push each hip out to side as you take the step.
3&的兩步走步, 放鬆雙膝, 走步時向側推臀

On the mambo with left foot you could add a body ripple forward on lyrics “body” on count 4
第4拍歌詞唱到“body”可以配合擺動身體向前

5&6& Touch left toe back (5), make ½ turn left transferring weight onto both feet (&) shimmy both shoulders – keep head looking to front wall (6&) 9.00 左足趾後點, 左轉180度重心在雙足, 雙肩抖動頭看前面牆(9點鐘)

7–8 “Butt roll” – to create this action: bend both knees as if sitting down, lift ‘tail bone’ so push butt back, straighten knees butt returns to place – this is all done in 1 count so you will do it twice for counts 7 – 8 9.00
做轉臀動作:彎雙膝呈坐姿後推臀, 站直臀推回, 前面是一拍的動作,重覆再做一次(面向9點鐘)

第三段 **Ball Walk, Walk, R Mambo, Step Back L, Touch Back, ¼ Turn R, 2 And 1/2 Turns Left (Or 1 ½ Turns)**
併-走 走, 曼波, 後, 後點, 1/4, 轉2又1/2圈(或1又1/2圈)

&12 Step left next to right (&), step forward on right (1), step forward on left (2) 9.00 左足併踏, 右足前踏, 左足前踏(面向9點鐘)

3&4& Rock forward on right (3), recover weight onto left (&), step back on right (4), step back on left (&) 9.00
右足前下沉, 左足回復, 右足後踏, 左足後踏(面向9點鐘)

5-6 Touch right toe back (5), make ¼ turn right taking all weight into right foot as you prep upper body all way to right (6) 12.00
右足趾後點, 右轉90度重心在右足上半身轉向右(面向12點鐘)1

&7&8& Make ¼ turn left stepping forward on left (&), make ½ turn left stepping back on right (closing) (7), make ½ turn left stepping forward on left (&), make ½ turn left stepping back on right (closing) (8), make ½ turn left stepping forward on left (&) The reason I have written 'closing' as you take the step with right foot is this makes the turn faster if you close the feet for what is known as a chaine turn. 9.00
左轉90度左足前踏, 左轉180度右足後併踏, 左轉180度左足前踏,左轉180度右足後併踏, 左轉180度左足前踏(面向9點鐘)
closing的意思是轉快一點會像鍊轉那樣雙腳很靠近

Option: Easy option for last 2 counts above: 最後2拍簡易版

7&8: Make ¼ turn stepping forward on left (7), make ½ turn stepping back on right (&), make ½ turn stepping forward on left (8)
左轉90度左足前踏, 左轉180度右足後踏, 左轉180度左足前踏

第四段 R Press Lunge, ½ Turn R, R Side L Cross R Side Rock Cross, L Touch, ½ Turn L, L Ball Cross, Jazz Box
右壓曲膝, 1/2, 右 交叉 右下沉回復 交叉, 左點, 1/2 踏 交叉, 爵士方塊

1-2 Make ¼ turn left pushing ball of right foot into floor with right knee bent (1), make ½ turn right on ball of left hitching right knee close to left calf (2) 12.00
左轉90度右足推踏地右膝彎, 重心在左足右足抬右轉180度

3&4&5 Step right to right side (3), cross left over right (&), rock right to right side (4), recover weight onto left (&), cross right over left (5) 12.00
右足右踏, 左足於右足前交叉踏, 左足右下沉, 左足回復, 右足於左足交叉踏(面向12點鐘)

&6 Touch left to left side (&), push off ball of left toe making ½ turn to left closing left towards right with no weight (6) 6.00
左足左點, 推左足趾左轉180度左足併向右足重心仍在右足(6點鐘)

&7&8& Step ball of left foot in place (&), cross right over left (7), step back on left (&), step right to right side (8), step forward on left (&) 6.00
左足踏, 右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前踏(面向6點鐘)

TAG: 3rd wall. Begin 3rd wall facing 12.00 – dance the first 16 counts which will take you up to the butt roll
Notes: There is 1 TAG DURING the 3rd wall. Dance first 16 counts, then add syncopated jazz box as below and restart from beginning – you will be facing 12.00 wall for restart.
第三面牆面向12點鐘, 跳完前面16拍轉臀後, 加跳變奏的爵士方塊後, 面向12點鐘, 從頭起跳

1&2& Square up to face front wall crossing right over left (1), step back on left (&), step right to right side (2), step forward on left (&) 12.00
(轉正面向前面牆)右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前踏(面向12點鐘)