Bad Influence (壞影響) (zh)

Compte: 64 **Mur:** 4 **Niveau:** Improver
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Musique: Bad Influence - P!nk

前奏： Start on the verse 32 counts in

第一段 Step Touch, Step Touch, Kick And Cross, Step Back, Turn ¼ Left
踏點, 踏點, 踢踏交叉, 後踏, 左轉1/4

1-2 Step right to side, touch left together
右足右踏, 左足併點

3-4 Step left to side, touch right together
左足左踏, 右足併點

5&6 Kick right low forward, step right back, cross left over right
右足略前踢, 右足後踏, 左足於右足前交叉踏

7-8 Step back right, turn ¼ left and step left to side
右足後踏, 左轉90度左足左踏

第二段 Right Shuffle Forward, Left Rock Step, Back, Swivel, Center, Swivel
右前交換, 左下沉回復, 後, 轉回轉

1&2 Step right forward, step left together, step right forward
右足前踏, 左足併踏, 右足前踏

3-4 Rock left forward, recover to right
左足前下沉, 右足回復

5-6 Step left back, swivel toes right
左足後踏, 雙足趾右轉

7-8 Swivel toes center, swivel toes right (weight left)
雙足趾轉回, 雙足趾右轉(重心在左足)

RESTART: Restart AFTER count 16 on walls 2 and 5
第二面牆及第五面牆跳至此從頭起跳

第三段 Cross, ¼ Turn, Right Rock Step, Full Turn, Right Shuffle Forward
交叉, 1/4, 右下沉回復, 轉圈, 右前交換

1-2 Cross right over left, turn ¼ right and step left back
右足於左足前交叉踏, 右轉90度左足後踏

3-4 Step right back, step left forward (toe turned out)
右足後踏, 左足前踏(足趾向外)

5-6 Turn ½ left and step right back, turn ½ left and step left forward
左轉180度右足後踏, 左轉180度左足前踏

7&8 Step right forward, step left together, step right forward
右足前踏, 左足併踏, 右足前踏

第四段 Rock Step, Left Shuffle Back, Rock Step, Full Turn
下沉回復, 左後交換, 下沉回復, 轉圈

1-2 Rock left forward, recover to right
左足前下沉, 右足回復

3&4 Step left back, step right together, step left back
左足後踏, 右足併踏, 左足後踏

5-6 Rock right back, recover to left (toe turned out)
右足後下沉, 左足回復(足趾向外)

7-8 Turn ½ left and step right back, turn ½ left and step left forward
左轉180度右足後踏, 左轉180度左足前踏

第五段 **Right, Hold, Left, Hold, Cross, Cross, Butt, Butt (Macarena Style)**
右, 候, 左, 候, 交叉, 交叉, 馬卡蓮那跳法

1-2 Step right to side (right hand up to right side), hold
右足右踏(右手右邊舉高), 候

3-4 Step left to side (left hand up to left side), hold
左足左踏(左手左邊舉高), 候

5-6 Step right in place (right hand on left hip), step left in place (left hand on right hip) 右足踏(右手放左臀上), 左足踏(左手放右臀)

7-8 Step right in place (right hand on right buttock), step left in place (left hand on left buttock)
右足踏(右足放右屁股), 左足踏(左手放左屁股)

第六段 **Right Toe Strut, Left Toe Strut, Right Rocking Chair**
右趾踵, 左趾踵, 右搖椅步

1-4 Step right toe forward, drop right heel, step left toe forward, drop left heel 右足趾前點, 右足踵踏, 左足趾前點, 左足踵踏

5-8 Rock right forward, recover to left, rock right back, recover to left 右足前下沉, 左足回復, 右足後下沉, 左足回復

第七段 **Step Forward Right, Left ¼ Turn, Right Cross & Cross, Turn ½ Right, Left Cross & Cross 右前踏, 左1/4, 右交叉交換, 右1/2, 左交叉交換**

1-2 Step right forward, turn ¼ left and step left to side
右足前踏, 左轉90度左足左踏

3&4 Cross right over left, step left to side, cross right over left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Turn ¼ right and step left back, turn ¼ right and step right to side
右轉90度左足後踏, 右轉90度右足右踏

7&8 Cross left over right, step right to side, cross 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

第八段 **Monterey ½ Turn, Heel, Hitch, Turn Step**
1/2蒙特瑞轉, 踵, 抬, 踏轉

1-4 Point right to side, turn ½ right and step right together, point left to left, step left together
右足右點, 右轉180度右足併踏, 左足左點, 左足併踏

5-6 Touch right heel forward, turn ¼ right and hitch right knee
右足踵前點, 右轉90度右膝抬

7-8 Step right forward, turn ¼ right and step left to side
右足前踏, 右轉90度左足左踏

ENDING: Facing front, step right to side, both hands up
結束時, 面向前面牆, 右足右踏, 雙手高舉