The Stroma Dance (跳舞吧!) (zh)

拍数: 0 **墙数:** 0 **级数:** Advanced

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音乐: Alors On Dance - Stromae

前奏： Intro: Start after 32 counts 32拍後起跳

The A section: SHARP MOVES! A部份(快速舞步)

第一段 **Rock R Fw, Recover, Back R, Sit Back R, 4 Hip Bumps, Fw L, Fw R, Lock Behind 下沉, 回復, 後踏, 坐姿推臀4次, 踏 踏 後點**

1–3 Rock R fw (1), recover weight back to L (2), step back on R (3) [12:00]
右足前下沉, 左足回復, 右足後踏(面向12點鐘)

4&5 Bend in both knees and sit back on R leg lifting L heel off the floor (4), push hip fw and up (&), push hip back (5) [12:00]
彎雙膝重心在右足呈坐姿左足踵離地, 前推臀, 後推臀(面向12點鐘)

Styling: leave L heel off the floor during all hip bumps (counts 4-7)
在做推臀動作時(4-7拍), 左足踵一直保持離地的狀態

6–7 Push hip fw and up (6), push hip back (7) [12:00]
前推臀, 後推臀(面向12點鐘)

8&1 Step down and slightly fw on L (8), step fw on R (&), lock touch L behind R (1) [12:00] 左足略前踏, 右足前踏, 左足於右足後鎖點(面向12點鐘)

第二段 **Swivel ¼ L X2, Fw L, Step Lock Step, Step ½ R, L Ball Step**
左1/4二次, 踏, 前鎖步, 踏 轉, 併 踏

2–4 Swivel R foot ¼ L leaving L foot touched to the floor (2) repeat ¼ turn (3), step fw on L (4) [6:00]
右足轉向左90度左足點, 左轉90度, 左足前踏(面向6點鐘)

&5–6 Step fw on up on ball of R foot (&), lock L foot behind R (still up!) (5), step fw on R (6) [6:00]
右足前踏, 左足於右足後鎖踏, 右足前踏(面向6點鐘)

7–8 Step fw on L (7) turn ½ R stepping onto R (8) [12:00]
左足前踏, 右轉180度右足踏(面向12點鐘)

&1 Step L a small step fw (&), step fw on R (1) … (or do a R full turn on &1) [12:00] 左足略前踏, 右足前踏(或右轉圈)(面向12點鐘)

第三段 **Rock L Fw, Recover, L Coaster Place, Heel Swivels, L Coaster Cross**
下沉 回復, 海岸步, 踵旋轉, 海岸交叉

2–3 Rock fw on L (2), recover weight to R (3) [12:00]
左足前下沉, 右足回復(面向12點鐘)

4&5 Step back on L (4), step R next to L (&), place ball of L foot fw with no weight (5) [12:00]
左足後踏, 右足併踏, 左足略前踏(重心仍在右足)(面向12點鐘)

6–7 Swivel both heels to L side rising on balls of feet (6), swivel both heels down to centre (7) [12:00]
雙足踵轉向左雙腳抬, 雙足踵轉回踏(面向12點鐘)

8&1 Step back on L (8), step R next to L (&), cross L over R (1) [12:00]
左足後踏, 右足併踏, 左足於右足前交叉踏(面向12點鐘)

Fun option!...The second time you do the A section do up to count 5. Hold on counts 6, 7, 8 but add 4 chest pops starting on count 5, 6, 7 and 8. On count 1 you step fw onto L foot and continue with count 2 in the next section (26-32)
A部份跳第二次時, 跳到第5拍時候住, 改成4拍擴胸動作, 第1拍左足前踏

第四段 **R Point, Cross, L & R Side Switches, Back R, L Back Rock, Recover, Fw L 右點, 交叉, 點 收 點, 後踏, 後下沉 回復**

2–3 Point R to R side (2), cross L over R (3) [12:00]
右足右點, 左足於右足前交叉踏(面向12點鐘)

4&5 Point L to L side (4), step L next to R (&), point R to R side (5) [12:00]
左足左點, 左足併踏, 右足右點(面向12點鐘)

6 Step back on R (6) [12:00] 右足後踏(面向12點鐘)

7–8& Rock L back on a slight L diagonal (7), recover weight to R (8), step L a small step fw (&) Note: When starting the B section leave out this last &-count to be ready for your weave [12:00]
左足略於斜角後下沉, 右足回復, 左足略前踏
注意：最後&拍的左足略前踏, 如果下一步是B部份的話, 就是直接跳B部份第1拍藤步(面向12點鐘)

The B section: SAMBA B部份:森巴

第一段 Weave 1/8 L, Behind Side Cross ¼ L, Weave ¼ L, Behind Side Cross ¼ L 藤步轉1/8, 後 1/8旁 1/8前, 藤步轉1/8, 後 1/8旁 1/8前

1&2 Cross L over R (1), turn 1/8 L stepping R to R side (&), cross L behind R (2) [10:30]
左足於右足前交叉踏, 左轉45度右足右踏, 左足於右足後踏(面向10:30)

3&4 Step back on R (3), turn 1/8 L stepping L to L side (&), turn 1/8 L crossing R over L (4) [7:30]
右足後踏, 左轉45度左足左踏, 左轉45度右足於左足前交叉踏(面向7:30)

5&6 Step fw on L (5), turn 1/8 L stepping R to R side (&), turn 1/8 L crossing L behind R (6) [4:30]
左足前踏, 左轉45度右足右踏, 左轉45度左足於右足後交叉踏(面向4:30)

7&8 Step back on R (7), turn 1/8 L stepping L to L side (&), turn 1/8 L crossing R over L (8) [1:30]
右足後踏, 左轉45度左足左踏, 左轉45度右足於左足前叉踏(面向1:30)

第二段 L Bota Fogo, R Bota Fogo, Full Paddle Turn L
左1/4森巴, 右1/4森巴, 划槳轉圈

1&2 Step fw on L (1), rock R to R side turning ¼ L (&), recover weight to L (2) [10:30] 左足前踏, 右足右下沉左轉90度, 左足回復(面向10:30)

3&4 Step fw on R (3), rock L to L side turning ¼ R (&), recover weight to R (4) [1:30] 右足前踏, 左足左下沉右轉90度, 右足回復(面向1:30)

5&6& Turn 1/8 L stepping fw on L (5), turn ¼ L rocking R to R side (&), recover weight to L (6) turn ¼ L rocking R to R side (&) [6:00]
左轉45度左足前踏, 左轉90度右足右下沉, 左足回復, 左轉90度右足右下沉(面向6點鐘)

7&8 Recover weight to L (7), turn ¼ L rocking R to R side (&), recover on L with ¼ L on L (8) [12:00]
左足回復, 左轉90度右足右下沉, 左足回復左轉90度(面向12點鐘)

第三段 R Mambo Fw, L Mambo Fw, Touch & Back Step X4
前曼波, 前曼波, 點 後踏共四次

1&2 Rock fw on R (1), recover weight to L (&), step R next to L (2) [12:00]
右足前下沉, 左足回復, 右足併踏(面向12點鐘)

3&4 Rock fw on L (3), recover weight to R (&), step L next to R (4) [12:00]
左足前下沉, 右足回復, 左足併踏(面向12點鐘)

5&6& Touch R fw (5), step back on R (&), touch L fw (6), step back on L (&) - or do battucadas!! [12:00]
右足前點, 右足後踏, 左足前點, 左足後踏(面向12點鐘)

7&8& Touch R fw (7), step back on R (&), touch L fw (8), step back on L (&) - or do batucadas!! [12:00]
右足前點, 右足後踏, 左足前點, 左足後踏(巴西舞步)

第四段 Cross, Side, Behind & Heel, Down R, Cross, Side, Behind & Heel, Down L 交叉, 側, 後 後 踵 收, 交叉 右, 後 後 踵 收

1–2 Cross R over L (1), step L to L side (2) [12:00]
右足於左足前交叉踏, 左足左踏(面向12點鐘)

3&4& Cross R behind L (3), step L back (&), touch R heel diagonally fw R (4), step R down (&) [12:00]
右足於左足後交叉踏, 左足後踏, 右足踵斜角前點, 右足踏(面向12點鐘)

5–6 Cross L over R (5), step R to R side (6) [12:00]
左足於右足前交叉踏, 右足右踏(面向12點鐘)

7&8& Cross L behind R (7), step R back (&), touch L heel diagonally fw L (8), step L down (&) [12:00]
左足於右足後交叉踏, 右足後踏, 左足踵斜角前點, 左足踏(面向12點鐘)

Restart After 32& counts of your 5th B, RESTART with the A section rocking fw on R… 12:00 跳第五次B部份時, 跳至此回到A部份(面向12點鐘)

TAG 2: The music changes DURING your 3rd B, after count 29 (L is crossed over R), facing 12:00:
跳第三次B部份跳到第5拍左足於右足前交叉踏(面對12點鐘)時, 將6-8拍變更舞步

6–8 Step R a big step towards 12:00 (6), drag L towards R (on 7 and 8) then RESTART with B [12:00]
右足前一大步(面向12點鐘), 左足以2拍拖併, 從B部份起跳

第五段 Cross, Side, Sailor ½ R, L And R Dorothy Steps
交叉, 側, 轉水手, 桃樂蒂步二次

1–2 Cross R over L (1), step L to L side (2) [12:00]
右足於左足前交叉踏, 左足左踏(面向12點鐘)

3&4 Cross R behind L turning ¼ R (3), turn ¼ R stepping L next to R (&), step fw on R (4) [6:00]
右足於左足後交叉踏右轉90度, 右轉90度左足併踏, 右足前踏(面向6點鐘)

5–6& Step L to L diagonal (5), lock R behind L (6), step L diagonally fw L (&) [6:00]
左足左斜角前踏, 右足於左足後鎖踏, 左足左斜角前踏(面向6點鐘)

7–8& Step R to R diagonal (7), lock L behind R (8), step R diagonally fw R (&) [6:00]
右足右斜角前踏, 左足於右足後鎖踏, 右足右斜角前踏(面向6點鐘)

第六段 Step ½ R, Full Triple Turn R, Run R L R Kick, Run L R L Kick
踏 轉, 轉 轉 踏, 跑 跑 跑 踢, 跑 跑 跑 踢

1–2 Step fw on L (1), turn ½ R stepping fw onto R (2) [12:00]
左足前踏, 右轉180度右足前踏(面向12點鐘)

3&4 Turn ½ R stepping back on L (3), turn ½ R stepping fw onto R (&), step fw on L (4) [12:00]
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏(面向12點鐘)

5&6& Run fw R (5), run fw L (&), run fw R (6) kick L low fw (&) [12:00]
右足前跑, 左足前跑, 右足前跑, 左足低踢(面向12點鐘)

7&8& Run fw L (7), run fw R (&), run fw L (8), kick R low fw (&) [12:00]
左足前跑, 右足前跑, 左足前跑, 右足低踢(面向12點鐘)

第七段 R mambo, L and R hitch scoot back, L coaster, R kick ball change
前曼波, 膝抬 後踏二次, 海岸步, 踢併踏

1&2 Rock fw on R (1), recover on L (&), step back on R (2) [12:00]
右足前下沉, 左足回復, 右足後踏(面向12點鐘)

&3&4 Hitch L knee scooting backwards on R (&), step back on L (3), repeat steps with R (&4) [12:00]
左膝抬右足後跳, 左足後踏, 右膝抬左足後跳, 右足後踏(面向12點鐘)

5&6 Step back on L (5), bring R next to L (&), step fw on L (6) [12:00]
左足後踏, 右足併踏, 左足前踏(面向12點鐘)

7&8 Kick R fw (7), step R next to L (&), step L slightly fw (8) [12:00]
右足前踢, 右足併踏, 左足略前踏(面向12點鐘)

第八段 Fw R, heel swivels R, fw L, heel swivels, rock R fw, R sailor step
右前踏, 踵轉右, 回, 左前踏, 踵轉左, 回, 下沉 回復, 水手步

1&2 Step fw on R (1), swivel both heels to R side (&), return heels to centre (2) – weight on R [12:00]
右足前踏, 雙足踵旋轉向右, 雙足踵轉回—重心在右足(面向12點鐘)

3&4 Step fw on L (3), swivel both heels to L side (&), return heels to centre (4) – weight on L [12:00]
左足前踏, 雙足踵旋轉向左, 雙足踵轉回—重心在左足(面向12點鐘)

5–6 Rock fw on R (5), recover weight back to L (6) [12:00]
右足前下沉, 左足回復(面向12點鐘)

7&8 Cross R slightly behind L (7), step L to L side (&), step R to R side (8) [12:00]
右足於左足後交叉踏, 左足左踏, 右足右踏(面向12點鐘)

TAG 1: This tag comes AFTER your 1st B. The beat disappears, now hit the lyrics!!! 第一次B部份結束時加拍

Cross L Over R, R Chasse, L Cross Rock, L Side Rock, L Back Rock Side
交叉踏, 右追步, 交叉下沉 左下沉 後下沉 左踏

1 Cross L over R (1) [12:00] 左足於右足前交叉踏(面向12點鐘)

2&3 Step R to R (2), step L next to R (&), step R to R side (3) [12:00]
右足右踏, 左足併踏, 右足右踏(面向12點鐘)

4&5&	Cross rock L over R (4), recover on R (&), rock L to L side (5), recover on R (&) [12:00] 左足於右足前交叉下沉, 右足回復, 左足左下沉, 右足回復(面向12點鐘)
6&7	Rock back on L (6), recover on R (&), step L to L side (7) [12:00] 左足後下沉, 右足回復, 左足左踏(面向12點鐘)
	R Cross Shuffle, L Chasse, R Cross Rock, R Side Rock, R Back Rock Side, Hold **交叉交換, 左追步, 交叉下沉 回復 右下沉 回復, 後下沉 回復 右踏, 候**
8&1	Cross R over L (8), step L to L side (&), cross R over L (1) [12:00] 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向12點鐘)
2&3	Step L to L side (2), step R next to L (&), step L to L side (3) [12:00] 左足左踏, 右足併踏, 左足左踏(面向12點鐘)
4&5&	Cross rock R over L (4), recover on L (&), rock R to R side (5), recover on L (&) [12:00] 右足於左足前交叉下沉, 左足回復, 右足右下沉, 左足回復(面向12點鐘)
6&7	Rock back on R (6), recover on L (&), step R to R side (7) [12:00] 右足後下沉, 左足回復, 右足右踏(面向12點鐘)
8	Hold (8) [12:00] 候(面向12點鐘)