Ponte Loca! (aka Get Crazy!) (瘋狂世界) (zh)

拍数: 0 **墙数:** 2 **级数:** Intermediate

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音乐: Whine On You (feat. Omari Ferrari) - Fito Blanko

前奏： 32 count intro 32拍後起跳

Part A (48 Counts) A部份 (48拍)

第一段 **Syncopated Back Rocks, Full Volta Spot Turn**
變奏後下沉 回復, 墊步定點轉圈

1&2 Step left to left side, rock right behind left, recover weight to left 左足左踏, 右足於左足後下沉, 左足回復

3&4 Step right to right side, rock left behind right, recover weight to right 右足右踏, 左足於右足後下沉, 右足回復

5& ¼ turn left stepping forward on left, lock right foot behind left (9:00) 左轉90度左足前踏, 右足於左足後鎖踏(面向9點鐘)

6& ¼ turn left stepping forward on left, lock right foot behind left (6:00) 左轉90度左足前踏, 右足於左足後鎖踏(面向6點鐘)

7& ¼ turn left stepping forward on left, lock right foot behind left (3:00) 左轉90度左足前踏, 右足於左足後鎖踏

8 ¼ left stepping forward on left (12:00)
左轉90度左足前踏(面向12點鐘)

第二段 **Samba Steps, ½ Chase Turn, Full Turn**
森巴, 森巴, 踏 轉 踏, 轉 轉 踏

1&2 Cross right over left, rock left to left side, recover weight to right 右足於左足前交叉踏, 左足左下沉, 右足回復

3&4 Cross left over right, rock right to right side, recover weight to left 左足於右足前交叉踏, 右足右下沉, 左足回復

5&6 Step forward right, pivot ½ turn left transferring weight to left (6:00), step forward right prepping for full turn right
右足前踏, 左軸轉180度重心在左足(面向6點鐘), 右足前踏

7&8 ½ turn right stepping back on left (12:00), ½ turn right stepping forward on right (6:00), step forward left
右轉180度左足後踏(面向12點鐘), 右轉180度右足前踏(面向6點鐘), 左足前踏

第三段 **Ball Step, Step Back, ¼ Turn Back Side Cross, Syncopated Rock And Cross, Crossing Shuffle 踏-踏, 後, 後 1/4 交叉, 右下沉 回復, 交叉交換**

&1-2 Step forward right, step left in place, step back right
右足前踏, 左足踏, 右足後踏

3&4 Step back left, ¼ turn right stepping right to right side (9:00), cross left over right
左足後踏, 右轉90度右足右踏(面向9點鐘), 左足於右足前交叉踏

&5 Rock right to right side, recover weight to left
右足右下沉, 左足回復

6&7&8 Crossing shuffle right, left, right, left, right
交叉交換-右, 左, 右, 左, 右

第四段 **¼ Turn Forward, ¼ Turn Side, Step, ¼ Turn Coaster, Step, ¼ Turn Side, ¼ Turn Coaster 1/4 1/4 後, 1/4海岸步, 踏 1/4 後, 1/4海岸步**

1&2 ¼ turn left stepping forward on left (6:00), ¼ turn left stepping right to right side (3:00), step left behind right
左轉90度左足前踏(面向6點鐘), 左轉90度右足右踏(面向3點鐘), 左足於右足後踏

3&4 ¼ turn left stepping back on right (12:00), step left next to right, step forward on right
左轉90度右足後踏(面向12點鐘), 左足併踏, 右足前踏

5&6 Step forward on left, ¼ turn left stepping right to right side (9:00), step left behind right
左足前踏, 左轉90度右足右踏(面向9點鐘), 左足於右足後踏

7&8 ¼ turn left stepping back on right, step left next to right, step forward on right (6:00) 左轉90度右足後踏, 左足併踏, 右足前踏(面向6點鐘)

第五段 Ball Step Cross (X3), ¼ Ball Step, Cross And Cross
側-踏-交叉 三次, 1/4-踏, 交叉交換

&1-2 Step left to left side, step right in place, cross left over right
左足左踏, 右足踏, 左足於右足前交叉踏

&3-4 Step right to right side, step left in place, cross right over left
右足右踏, 左足踏, 右足於左足前交叉踏

&5-6 Step left to left side, step right in place, cross left over right
左足左踏, 右足踏, 左足於右足前交叉踏

Note: You should be travelling forward on the ball-step-cross sequences
上面這些&-踏-交叉動作, 會向前移動

&7 ¼ turn left stepping right out to right side (3:00), step left in place 左轉90度右足右踏(面向3點鐘), 左足踏

8&1 Cross shuffle right, left, right
交叉交換-右, 左, 右

第六段 ¼ Turn Left, Rock/Recover Step Back, Walk, Walk, Back Coaster
1/4, 前曼波, 後走 後走, 海岸步

2 ¼ turn left stepping forward on left (12:00)
左轉90度左足前踏(面向12點鐘)

3&4 Rock forward on right, recover weight to left, step right back
右足前下沉, 左足回復, 右足後踏

5-6 Walk back left, right 左足後走, 右足後走

7&8 Step back on left, step right next to left, step forward on left
左足後踏, 右足併踏, 左足前踏

Part B (32 Counts) B部份 (32拍)

第一段 Knee/Hip Rolls Right, Knee/Hip Rolls Left
膝轉帶推臀 總共二次

1-2 Roll right knee out to right side, roll left knee out to left side
右膝轉向右, 左膝轉向左

3&4 Roll right knee out to right side bumping hips right-left-right
右膝轉向右帶推臀-右, 左, 右

5-6 Roll left knee out to left side, roll right knee out to right side
左膝轉向左, 右膝轉向右

7&8 Roll left knee out to left side bumping hips left-right-left
左膝轉向左帶推臀-左, 右, 左

Note: When you start Part A again from here, do a quick weight change to your right foot 從這兒接續A部份起跳, 重心要快速移至右足

第二段 Heel Hook Scuffs, Rock/Recover Step Back, Ball Cross, Full Turn Unwind
踵 勾 擦 踏 二次, 前曼波, 併-交叉, 左轉圈

1&2& Touch right heel forward, hook right heel across left leg, scuff right heel forward, step down on right foot
右足踵前點, 右足踵於左小腿前勾, 右足踵前擦踢, 右足踏

3&4& Touch left heel forward, hook left heel across right leg, scuff left heel forward, step down on left foot
左足踵前點, 左足踵於右小腿前勾, 左足踵前擦踢, 左足踏

5&6 Rock forward on right, recover weight to left, step right back
右足前下沉, 左足回復, 右足後踏

&7 Step back on left, cross right over left
左足後踏, 右足於左足前交叉踏

8 Unwind full turn to the left with weight ending on left foot (12:00)
左繞轉圈重心在左足(面向12點鐘)

Note: When you start Part A again from here, end the unwind with your weight on the right foot 從這兒接續A部份起跳, 最後繞轉重心要移至右足

第三段 **Full Turn Ball Crosses, Hip Rolls Forward And Back, Hip Rolls**
以踏-交叉方式左轉圈, 前轉臀, 後轉臀, 轉臀

&1 ¼ turn left stepping right in place, cross left over right (9:00)
左轉90度右足踏, 左足於右足前交叉踏(面向9點鐘)

&2 ¼ turn left stepping right in place, cross left over right (6:00)
左轉90度右足踏, 左足於右足前交叉踏(面向6點鐘)

&3 ¼ turn left stepping right in place, cross left over right (3:00)
左轉90度右足踏, 左足於右足交叉踏(面向3點鐘)

&4 ¼ turn left stepping right in place, cross left over right (12:00)
左轉90度右足踏, 左足於右足前交叉踏(面向12點鐘)

5-6 Step forward on right rolling right hip forward, step back on left rolling left hip back (your body should be angled towards the left diagonal) 右足前踏前轉臀, 左足後踏後轉臀(身體面向左斜角)

&7 Roll hips in clockwise circle 順時針轉臀

&8 Roll hips in clockwise circle (weight should end back on left foot)
順時針轉臀(重心在左足)

第四段 **Ball Cross Step Back (X3), Ball Cross, ½ Turn Unwind**
踏-交叉 後踏 共三次, 踏-交叉 繞轉

&1-2 Step down on right, cross left over right, step back on right
右足踏, 左足於右足前交叉踏, 右足後踏

&3-4 Step down on left, cross right over left, step back on left
左足踏, 右足於左足前交叉踏, 左足後踏

&5-6 Step down on right, cross left over right, step back on right
右足踏, 左足於右足前交叉踏, 右足後踏

Note: You should be travelling back on the ball-cross sequences
上面這些&交叉動作, 會向後移動

&7-8 Step down on left, cross right over left, unwind ½ turn left (6:00)
左足踏, 右足於左足前交叉踏, 左繞轉180度(面向6點鐘)

(end with weight evenly on both feet as you will start over from here on both the left foot and right foot depending on which section comes next, A or B)
結束時重心放兩腳, 由下一個A部份或B部份來決定接下來的重心腳