Push (欲拒還迎) (zh)

拍数: 32 **墙数:** 4 **级数:** Improver

编舞者: Michele Perron (CAN)

音乐: Push - Dannii Minogue

第一段	**LOCKING' TRIPLE FORWARD, TOUCH, TOUCH, TOUCH, TURN & BEND, TWIST, TWIST 小三步(前鎖步), 點, 點, 點, 轉 & 彎, 扭, 扭**
1&2	Right triple forward (right step forward, left toe/ball step crossed (locked) behind right, right step forward) 右前小三步(右足前踏, 左足掌於右足後交叉踏(鎖步), 右足前踏)
3-4	Left touch forward; left touch side left 左足前點, 左足左點
5-6	Left touch back; execute ¼ turn left and "dip" (9:00) (squat, in second position, weight on both feet, hands may be placed on top of each thigh) 左足後踏, 左轉90度"降下"(蹲, 重心在雙足, 手放在大腿上)
7-8	Twist to right in "dip" position; twist to left with ¼ turn left in "dip" position (6:00) (weight on right) 以蹲下方式向右扭, 以蹲下方式向左扭並左轉90度(重心在右足)
第二段	**FORWARD, TRIPLE FORWARD, MAMBO FORWARD, MAMBO BACK, KICK** **前, 小三步, 前曼波, 後曼波, 踢**
1	Left step forward 左足前踏
2&3	Right step forward, left step beside right, right step forward 右足前踏, 左足併踏, 右足前踏
4&5	Left rock/step forward, right recover/step back, left step back 左足前下沉/前踏, 右足回復/後踏, 左足後踏
6&7	Right rock/step back, left recover/step forward, right step forward 右足後下沉/後踏, 左足回復/前踏, 右足前踏
8	Left (low) kick forward 左足前踢
第三段	**ACROSS, TURN, SIDE-ACROSS-SIDE, BEHIND-SIDE-ACROSS-SIDE, SIDE/KICK 交叉, 轉, 側-交叉-側, 後-側-交叉-側, 側/踢**
1-2	Left step across front of right; execute ¼ turn left with right step (back) (3:00) 左足於右足前交叉踏, 左轉90度右足後踏(3點鐘)
&3-4	Left step to side left; right step across front of left; left step side left 左足左踏, 右足於左足前交叉踏, 左足左踏
5&6	Right step crossed behind left; left step side left; right step across front of left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
7-8	Left step (large) side left; right (low) kick side right (lean left) (arms: 'push' both arms side right) 左足左一大步, 右足右踢(身體向左傾), (手:將雙手推向右側)
第四段	**SIDE, TOGETHER, TRIPLE SIDE RIGHT, TURN/FORWARD, TURN/FORWARD, TURN/BACK, TOUCH 側, 併, 右小三步, 轉/前, 轉/前, 轉/後, 點**
1-2	Right step to side right; left step beside right 右足右踏, 左足併踏
3&4	Right step side right, left step beside right, right step side right (toe turn 'out') 右足右踏, 左足併踏, 右足右踏(足趾向外)
5	Execute ¼ turn right with left step forward (6:00) 右轉90度左足前踏(6點鐘)
6	Execute ½ turn right with right step forward (12:00) 右轉180度右足前踏(12點鐘)
7	Execute ¼ turn right with left step back (3:00) 右轉90度左足後踏(3點鐘)
8	Right touch/tap in front of left (bend knees) (Option: head whip to left) 右足於左足前點(彎膝蓋) (頭迅速向左甩)

OPTIONAL INTRODUCTION: (EASY ARM 'STUFF')
Listen for the telephone ring, then on first vocal of 'push', straighten one arm out with flexed hand position (palm facing out)(shoulder height), then release. On next two 'push' vocals, repeat arm 'push' (dancer chooses which arm and direction to push). Then there will be four 'quick' 'push(es)': straighten both arms forward beginning close to body and finish fully extended (pumping action). Then release arms and the music will begin, wait 16 counts and begin dance
聽到電話鈴聲, 第一聲Push, 手掌向外伸直手臂同肩高, 放鬆, 第二聲Push, 重覆伸另一手(舞者自行選擇先用那隻手), 有四聲快速Push伸直雙手向前, 等16拍後開始起跳

ENDING
You will be facing 3:00 wall with left kick forward, count 16: "push" left arm to front wall, head looks left, (to front wall). Hold this pose and listen for the telephone hang-up
結束時會跳到第二段第8拍左足前踏面向3點鐘方向, Push左手伸向前面牆, 頭往左看, 候, 以這姿勢聽電話結束舞曲