8-9-10 Let's Do It Again (再來一次) (zh)

拍数: 32 **墙数:** 3 **级数:** Intermediate

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音乐: Instant Replay - Dan Hartman

第一面牆 (8套4拍共32拍)

第一段 **RIGHT & LEFT FORWARD, RIGHT HEEL FORWARD, RIGHT TOES BACK, RIGHT FORWARD SHUFFLE, LEFT FORWARD, ½ RIGHT PIVOT TURN**
踏步,踵前點,趾後點, 前交換步, 踏轉

1-2 走 走 Step right forward, step left forward
右足前踏, 左足前踏

3-4 前踵 後趾 Touch right heel forward, touch right toes back
右足踵前點, 右足趾後點

5&6前交換 Step right forward, step left together, step right forward
右足前踏, 左足併踏, 右足前踏

7-8踏轉 Step left forward, pivot ½ right
左足前踏、右軸轉180度(面向6點鐘)

第二段 **LEFT & RIGHT FORWARD, LEFT HEEL FORWARD, LEFT TOES BACK, LEFT FORWARD SHUFFLE, RIGHT FORWARD, ¼ LEFT PIVOT TURN**
踏步,踵前點,趾後點, 前交換步, 踏轉

1-2 走 走 Step left forward, step right forward
左足前踏, 右足前踏

3-4 前踵 後趾 Touch left heel forward, touch left toes back
左足踵前點, 左足趾後點

5&6前交換 Step left forward, step right together, step left forward
左足前踏, 右足併踏, 左足前踏

7-8踏 轉90 Step right forward, pivot ¼ left
右足前踏, 左軸轉90度(面向3點鐘)

第三段 **SYNCOPATED WEAVE LEFT, LEFT SIDE ROCK & RECOVER, LEFT BEHIND, ¼ RIGHT & RIGHT FORWARD, LEFT FORWARD**
變奏左藤步, 左下沉回復, 左後, 右轉1/4前踏, 左前踏

1-2 變奏藤步 Cross step right over left, step left to left side
右足於左足前交叉踏, 左足左踏

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

5-6 左下沉回復 Left side rock, recover weight on right
左足左下沉, 右足回復

7&8 後 右90 踏 Cross step left behind right, turning ¼ right step right forward, step left forward
左足於右足後交叉踏, 右足右轉90度前踏, 左足前踏(面向6點鐘)

第四段 **RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT KICK BALL CHANGE, RIGHT FORWARD, ¼ LEFT PIVOT TURN 前踏轉、踢交換步**

1&2 踏 轉 Step right forward, pivot ½ left
右足前踏, 左軸轉180度(面向12點鐘)

3&4 Kick ball change Kick right forward, step right together, step forward
右足前踢, 右足併踏, 左足前踏

5-6 踏 轉90 Step right forward, pivot ¼ left
右足前踏, 左軸轉90度(面向9點鐘)

7&8 Kick ball change　Kick right forward, step right together, step left forward
右足前踢, 右足併踏, 左足前踏

For "9" wall add the following after completing 1st 32 counts
第二面牆(9套4拍共36拍), 跳完第一面牆32拍後, 面向6:00加跳4拍

1&2 踵收踵　Touch right heel forward, step right together, touch left heel forward 右足踵前點, 右足併踏, 左足踵前點

&3-4 收點 停　Step left together, touch right toes to right side, hold (weight remains on left foot) 左足併踏, 右足趾右點, 候（拍手）

For "10" wall add the following after completing 1st 32 counts
第三面牆(10套4拍共40拍), 跳完第一面牆32拍面向3:00加跳8拍

爵士方塊右轉90度、爵士方塊右轉180度、(雙手平行展開似展翅飛行狀)

1-4 90 Jazzbox　Cross step right over left, step left back, turning ¼ right step right to side, step left forward
右足於左足前交叉踏、左足踏、右足右轉90度踏、左足前踏

5-8 180 Jazzbox　Cross step right over left, turning ¼ right step left back, turning ¼ right step right forward, step left forward
右足於左足前交叉踏、左足右轉90度後踏、右足右轉90度前踏、左足前踏

Dance will end on "9" wall ending with right toe to right side & hold
結束在第二面牆(9套4拍)右足趾右點 & 候