Mars Attack (星際大戰) (zh)

拍数: 64 **墙数:** 4 **级数:** Improver

编舞者: Rachael McEnaney (USA)

音乐: Chocolate (Choco Choco) - Soul Control

第一段 **Right Cross Rock, Right Chasse, Left Cross, Right Side, Left Behind, Right Side 右交叉下沉, 右追步, 左交叉, 右踏, 左後, 右踏**

1-2 Cross Rock Right Over Left, Recover Weight Onto Left
右足於左足前交叉下沉, 左足回復

3&4 Step Right To Right Side, Step Left Next To Right, Step Right To Right Side 右足右踏, 左足併踏, 右足右踏

5-6 Cross Left Over Right, Step Right To Right Side
左足於右足前交叉踏, 右足右踏

7-8 Cross Left Behind Right, Step Right To Right Side
左足於右足後交叉踏, 右足右踏

第二段 **Left Cross Rock, Left Chasse, Right Cross, Left Side, Right Behind, Left Side With ¼ Turn Left**
左交叉下沉, 左追步, 右交叉, 左側, 右後, 左側左轉1/4

1-2 Cross Rock Left Over Right, Recover Weight Onto Right
左足於右足前交叉下沉, 右足回復

3&4 Step Left To Left Side, Step Right Next To Left, Step Left To Left Side 左足左踏, 右足併踏, 左足左踏

5-6 Cross Right Over Left, Step Left To Left Side
右足於左足前交叉踏, 左足左踏

7-8 Cross Right Behind Left, Make ¼ Turn Left Stepping Forward On Left 右足於左足後交叉踏, 左轉90度左足前踏

第三段 **Rocking Chair Step, Step Right, ½ Pivot, Step Right, ½ Pivot**
搖椅步, 右踏, 轉1/2, 右踏, 轉1/2

1-2 Rock Forward On Right, Recover Weight Onto Left
右足前下沉, 左足回復

3-4 Rock Back On Right, Recover Weight Onto Left
右足後下沉, 左足回復

5-6 Step Forward On Right, Pivot ½ Turn Left
右足前踏, 左轉180度

7-8 Step Forward On Right, Pivot ½ Turn Left
右足前踏, 左轉180度

第四段 **2 X Heel Taps Forward, 2 Toe Taps Back, Step Right, ¼ Pivot, Right Stomp, Clap 踵前點二次, 趾後點二次, 右踏, 轉1/4, 右重踏, 拍手**

1-2 Touch Right Heel Forward Twice 右足踵前點二次

3-4 Touch Right Toe Back Twice 右足趾後點二次

5-6 Step Forward On Right, Pivot ¼ Turn Left 右足前踏, 左轉90度

7-8 Stomp Right Next To Left, Clap Hands 右足併重踏, 拍手

第五段 **Diagonal Shimmy Forward Twice With Thigh Slaps And Claps**
斜角線肩膀抖動前踏帶拍大腿及拍手二次

1-2 Step Diagonally Forward On Right As You Shimmy Shoulders
右足斜角線前踏(肩膀前後快速抖動)

3-4 Touch Left Toe Next To Right As Both Hands Slap Thighs Back, Slap Both Hands Forward On Thighs (Like Wiping Dust Off Trousers)
左足趾併點雙手拍大腿甩向後, 雙手拍大腿甩向前(像在拍褲子上的灰塵)

5-6 Step Diagonally Forward On Left As You Shimmy Shoulder
左足斜角線前踏(肩膀前後快速抖動)

7-8 Touch Right Toe Next To Left As You Clap Hands, Clap Hands Again
右足趾併點拍手, 拍手

第六段 Right Cross Rock, Right Chasse, Left Cross Rock '½ Turn Left Doing Left Chasse 右交叉下沉, 右追步, 左交叉下沉, 左轉1/2左追步

1-2 Cross Rock Right Over Left, Recover Weight Onto Left
右足於左足前交叉下沉, 左足回復

3&4 Step Right To Right Side, Step Left Next To Right, Step Right To Right Side 右足右踏, 左足併踏, 右足右踏

5-6 Cross Rock Left Over Right, Recover Weight Onto Left
左足於右足前交叉下沉, 左足回復

7&8 Step Left To Left Side Making ¼ Turn Left, Step Right Next To Left, Cross Left Over Right Making ¼ Turn Left
左足左踏左轉90度, 右足併踏, 左足於右足前交叉踏左轉90度

第七段 Right Side, Left Cross, Right Side, Kick Left, Left Side, Right Cross, Left Side, Kick Right
右側, 左交叉, 右側, 左踢, 左側, 右交叉, 左側, 右踢

1-2 (Body Angled Towards Right Diagonal) Step Right To Right Side, Cross Left Over Right (身體向右斜角線前彎)右足右踏, 左足於右足前交叉踏

3-4 (Angle Body Towards Left Diagonal), Step Right To Right Side, Kick Left Towards Left Diagonal(身體向左斜角線前彎)右足右踏, 左足左斜角線前踢

5-6 (Body Angled Towards Left Diagonal), Step Left To Left Side, Cross Right Over Left (身體向左斜角線前彎)左足左踏, 右足於左足前交叉踏

7-8 (Angle Body Towards Right Diagonal), Step Left To Left Side, Kick Right Towards Right Diagonal(身體向右斜角線前彎)左足左踏, 右足右斜角線前踢

第八段 Right Back Rock, Right Chasse, Left Jazz Box With ¼ Turn Left, Brush 右後下沉, 右追步, 左爵士方塊轉1/4, 刷

1-2 Rock Back On Right, Recover Weight Onto Left
右足後下沉, 左足回復

3&4 Step Right To Right Side, Step Left Next To Right, Step Right To Right Side 右足右踏, 左足併踏, 右足右踏

5-6 Cross Left Over Right, Step Back On Right
左足於右足前交叉踏, 右足後踏

7-8 Make ¼ Turn Left Stepping Forward On Left, Brush Right Next To Left 左轉90度左足前踏, 右足併刷

TAG
After count 32 on wall 5 第五面牆32拍後加拍

1-8 Stomp forward right, hold, stomp forward left, hold, stomp forward right, left, right, left
右足前重踏, 候, 左足前重踏, 候, 前重踏-右, 左, 右, 左

Then continue dance from shimmies 接續從第33拍Shimmy跳起