Blow Your Mind (念念不忘) (zh)

拍数: 32 **墙数:** 4 **级数:** Intermediate

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音乐: Blow Your Mind - Jamiroquai

前奏： Approxinately 16 counts, 12 seconds into song 約16拍後起跳

第一段 **Behind-Side-Cross, Ball-Step X2, Touch Cross, Kick-Ball-Side**
後-旁-前交叉, 連續踏步, 點交叉, 踢踏踏

1&2 Cross left foot behind right, step right foot to right side, cross left foot over right
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

3& Step down on ball of right foot, step down on left foot
右足踏, 左足踏

4& Step down on ball of right foot, step down on left foot
右足踏, 左足踏

5,6 Touch right toe out to right side, cross right foot over left
右足趾右點, 右足於左足前交叉踏

7&8 Kick left foot forward, step ball of left foot next to right, step right foot to right side 左足前踢, 左足併踏, 右足右踏

第二段 **Rock &Side, Rock ¼ Turn Side, Rock & Side, Behind-Side-Cross**
下沉側, 下沉轉1/4側, 下沉側, 後-旁-交叉

1&2 Rock left foot behind right, recover weight onto right, step left foot to left side 左足於右足後下沉, 右足回復, 左足左踏

3&4 Rock right foot behind left, make a ¼ turn left and step left foot forward, step right foot to right side
右足於左足後下沉, 左轉90度左足前踏, 右足右踏

RESTART: 8TH WALL, Restart the dance on the 8th wall after count 12.
第八面牆跳至此, 從頭起跳

5&6 Rock left foot behind right, recover weight onto right, step left foot to left side 左足於右足後下沉, 右足回復, 左足左踏

7&8 Cross right foot behind left, step left foot to left side, cross right foot over left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

第三段 **Ball-Cross, ½ Turn X2, Coaster Step, Push Back, Together, Ball-Step Touch 踏-交叉, 轉1/2二次, 海岸步, 後推, 併, 踏點**

&1,2 Step left foot to left side, cross right foot over left, make a ½ turn left and step left foot forward
左足左踏, 右足於左足前交叉踏, 左轉180度左足前踏

3 Make another ½ turn left and step right foot back.
左轉180度右足後踏

4&5 Left coaster step 左海岸步

6 Push hips back (weight on right) 後推臀(重心在右足)

7 Recover weight forward onto left foot as you step right foot next to left 左足回復右足併踏

&8 Step left foot forward, touch right toe next to left
左足前踏, 右足趾併點

第四段 **Step Back Hip Push X2, Coaster-Step-Lock-Step,½ Touch**
後踏推臀二次, 海岸步-鎖踏, 轉1/2點

1,2 Step back on right foot in line with left foot, push left hip forward
右足後踏, 左前推臀

3,4 Step back on left foot in line with right foot, push right hip forward
左足後踏, 右前推臀

5&6 Right coaster step 右海岸步

&7 Lock left foot behind right, step right foot forward
左足於右足後鎖步, 右足前踏

&8 Make a ½ turn right on right foot, touch left toe to left side.
右轉180度, 左足趾左點