So Said Joe (閒言閒語) (zh)

拍数: 32 **墙数:** 4 **级数:** Intermediate

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音乐: Kandi - One eskimO : (CD: Ash Howes Mix)

前奏： 16 count intro 16拍後起跳

Please note: The first set of 8 may look confusing but just relax and hit the rhythm of the guitar strums. 前面8拍看似複雜令人迷惑, 請放鬆心情隨著吉他節拍舞動

第一段 **Walk, Walk, Step Turn Cross, Back, And Cross, Rock And Step, Step**
走 走, 踏 1/4 交叉, 後, 併 交叉, 下沉 回復 併 踏

1,2 1) Walk Right forward; 2) Walk Left forward (12:00)
右足前走, 左足前走(面向12點鐘)

a3a a) Step Right forward; 3) Pivot 1/4 turn left and step Left in place; a) Step ball of Right across left (9:00)*
右足前踏, 左軸轉90度左足踏, 右足於左足前交叉踏(面向9點鐘)
*Lower half of body turns toward 9:00, shoulders and head stay toward 12:00 下半身轉向9點鐘, 肩膀以上仍面向12點鐘

4 No movement on count 4. 候

a Pushing off ball of Right, make 1/4 turn right and step Left back (12:00) 右足推踏, 右轉90度左後踏(面向12點鐘)

5 Drag Right foot towards left (no weight change)
右足拖併(重心在左足)

&6 &) Step Right to right side; 6) Step Left across right
右足右踏, 左足於右足前交叉踏

a7a a) Rock Right to right side; 7) Recover to Left in place; a) Step Right next to left (angle body to 1:00)
右足右下沉, 左足回復, 右足併踏(面向1點鐘)

8 No movement on count 8 候

a Step Left forward (still on diagonal) (1:00)
左足前踏(仍面向斜角)(面向1點鐘)

第二段 **Half Turn, Step, Shuffle Forward, Quarter And Cross, Back, And Cross**
轉, 踏, 前交換, 踏 1/4 交叉, 後 旁 前

1-2 1) Pivot 1/2 turn right on L foot; 2) Step forward on right foot (7:00)
右軸轉180度重心在左足, 右足前踏(面向7點鐘)

3&4 Shuffle forward L-R-L 前交換-左, 右, 左

5&6 5) Step Right forward; &) Pivot 1/4 turn left; 6) Step Right across left (5:00) 右足前踏, 左軸轉90度, 右足於左足前交叉踏(面向5點鐘)

7 Make 1/8 turn right and step Left back (6:00)
右轉45度左足後踏(面向6點鐘)

&8 &) Step Right to right side; 8) Step Left across right
右足右踏, 左足於右足前交叉踏

第三段 **And Cross, Touch Up, Run, Run, Run, Pivot, Half, Back Together Cross**
併-交叉, 點 抬, 跑 跑 踏 轉 轉, 後 併 1/4交叉

&1 &) Step Right to right side; 1) Step Left across right
右足右踏, 左足於右足前交叉踏

&2 &) Touch Right to right side; 2) Bring Right next to left and rise on ball of left while hitching right knee
右足右點, 右足併重心至左足右膝抬

3&4 3) Step Right forward; &) Step Left forward; 4) Step Right forward
右足前踏, 左足前踏, 右足前踏

5,6	5) Pivot 1/2 turn left putting weight on Left; 6) Pivot 1/2 turn left and step Right back (6:00) 左軸轉180度重心在左足, 左軸轉180度右足後踏(面向6點鐘)
7&8	7) Step Left back; &) Step Right next to Left; 8) Make 1/4 turn left and step Left across Right (3:00) 左足後踏, 右足併踏, 左轉90度左足於右足前交叉踏(面向3點鐘)

第四段	**Triple 3/4, Prep, Turn, Turn, Forward, Recover, Behind Quarter Forward** **三步轉3/4, 踏, 反轉, 轉, 踏, 回, 後 1/4 前**
1&2	1) Make 1/4 turn right and step Right forward; &) Make 1/2 turn right and step Left next to right; 2) Step Right forward (12:00) 右轉90度右足前踏, 右轉180度左足併踏, 右足前踏(面向12點鐘)
3	Step Left forward (12:00) 左足前踏(面向12點鐘)
4	Make 1/2 turn over left shoulder and step back on Right foot (6:00) 左轉180度右足後踏(面向6點鐘)
&5,6	&) Make 1/2 turn left on Right foot; 5) Step Left forward; 6) Recover to Right (12:00) 重心在右足左轉180度, 左足前踏, 右足回復(12點鐘)
7&8	7) Step Left behind right; &) Make 1/4 turn right and step Right forward; 8) Step Left forward (3:00) 左足於右足後踏, 右轉90度右足前踏, 左足前踏(面向3點鐘)