Stuff You Gotta Watch (看清事實) (zh)

拍数: 48 **墙数:** 4 **级数:** Intermediate

编舞者: Michele Perron (CAN) - 2009年08月

音乐: Stuff You Gotta Watch - Levon Helm : (CD: Electric Dirt)

前奏： Introduction: 16 Counts - CCW Rotation

第一段	**Forward, & Back & Forward, Forward: Repeat** **前踏 搖椅步, 前踏 搖椅步**
1 踏	LEFT Step forward; 左足前踏
&2	RIGHT Rock/Step (Toe/Ball or Heel) forward, LEFT Recover/Step back, 右足前下沉, 左足回復
Rocking chair &3	RIGHT Rock/Step back, LEFT Recover/Step forward 右足後下沉, 左足回復
4 踏	RIGHT Step forward 右足前踏
5 踏	LEFT Step forward 左足前踏
&6	RIGHT Rock/Step (Toe/Ball or Heel) forward, LEFT Recover/Step back, 右足前下沉, 左足回復
Rocking chair &7	RIGHT Rock/Step back, LEFT Recover/Step forward 右足後下沉, 左足回復
8 踏	RIGHT Step forward 右足前踏

第二段	**Forward, Turn, Turning Triple, Triple Forward, Rock/Forward, Recover/Back 踏 轉, 轉交換, 轉交換, 下沉回復**
1,2 踏 轉	LEFT Step forward; Turn 1/2 R with RIGHT Step forward (in place) (6 o'clock) 左足前踏, 右轉180度右足前踏(面向6點鐘)
3&4 轉交換	Turn 1/2 R with LEFT Triple (L side L, R across front of L, L back) (12 o'clock) 小三步右180度轉交換(面向12點鐘)
5&6 轉交換	Turn 1/2 R with RIGHT Triple forward (R forward, L beside, R forward) (6 o'clock) 小三步右180度轉交換(面向6點鐘)
7,8 下沉回復	LEFT Rock/Step forward; RIGHT Recover/Step back 左足前下沉, 右足回復

第三段	**Back, Back, Turn, Touch, Side, Together, Triple Turn** **後 後, 轉, 點, 側, 併, 小三步轉**
1,2 後 後	LEFT, RIGHT Steps back 左足後走, 右足後走 Styling: Optional: on Counts 1 & 2: execute as "Boogie Walks" back, with L shoulder down on L back, R shoulder down on R back; add hand with finger points down: L with L back, R with R back 跳第1&2拍, 左足後走左肩膀下, 右足後走右肩膀下, 手指頭配合指向下
3,4 左90 右點	Turn 1/4 L with LEFT Step side L; RIGHT Toe Touch side R (3 o'clock) 左轉90度左足左踏, 右足趾右點(面向3點鐘)
5,6 右踏 併踏	RIGHT Step side R; LEFT Step beside R 右足右踏, 左足併踏
7&8 追步右90	Turn 1/4 R with RIGHT Triple (R side R, L together, R forward with turn) (6 o'clock) 小三步右轉90度(右足右踏, 左足併踏, 右轉90度右足前踏)

第四段	**Cross/Rock, Recover/Back, L Triple Side, Across, Back, &-Across-Side** **交叉下沉回復, 左追步, 交叉 後踏, 併-交叉-右踏**
1,2 交叉下沉回復	LEFT Cross/Rock forward diagonal R; RIGHT Recover/Step back 左足於右足前交叉下沉, 右足回復
3&4 左追步	LEFT Triple Step side L (L side, R together, L side) 左追步(左足左踏, 右足併踏, 左足左踏)
5,6 前交叉 後踏	RIGHT Step across front of L; LEFT Step back 右足於左足前交叉踏, 左足後踏

&,7 右90 前交叉	Turn 1/4 R with RIGHT Step side R, LEFT Step across front of R, (9 o'clock) 右轉90度右足右踏, 左足於右足前交叉踏(面向9點鐘)
8 右踏	RIGHT Step side R 右足右踏

第五段	**L Sailor, R Sailor, Behind, Turn, Rock/Forward, Recover/Back** **左水手, 右水手, 後, 轉, 下沉回復**
1&2 左水手	LEFT Step crossed behind R, RIGHT Rock/Step side R, LEFT Recover/Step side L (in place) 左足於右足後交叉踏, 右足右踏, 左足左踏
3&4 右水手	RIGHT Step crossed behind L, LEFT Rock/Step side L, RIGHT Recover/Step side R (in place) 右足於左足後交叉踏, 左足左踏, 右足右踏
5,6 後交叉 右90	LEFT Step crossed behind R; Turn 1/4 R with RIGHT Step forward (12 o'clock) 左足於右足後交叉踏, 右轉90度右足前踏(面向12點鐘)
7,8 下沉 回復	LEFT Rock/Step forward; RIGHT Recover/Step back 左足前下沉, 右足回復

第六段	**Side, Across, Side-Together-Across, Back, Forward, Triple Turn** **側, 交叉, 側-併-交叉, 後, 前, 三步轉**
1,2 左90 前交叉	Turn 1/4 L with LEFT Step side L; RIGHT Step across front of L (9 o'clock) 左轉90度左足左踏, 右足於左足前交叉踏(面向9點鐘)
3&4 剪刀步	LEFT Step side L, RIGHT Step beside L, LEFT Step across front of R 左足左踏, 右足併踏, 左足於右足前交叉踏
5 左90	Turn 1/4 L with RIGHT Step back (6 o'clock) 左轉90度右足後踏(面向6點鐘)
6 180	Turn 1/2 L with LEFT Step forward (12 o'clock) 左轉180度左足前踏(面向12點鐘)
7&8 90轉交換	Turn 1/4 L with RIGHT Triple forward (R forward, L beside, R forward) (9 o'clock) 左90度轉交換(左轉90度右足前踏, 左足併踏, 右足前踏)(面向9點鐘)

ENDING: You will end the dance facing the front wall on the last Section. Execute a Right forward lunge and pose on Count 8 [on your Right Triple forward!]
結束：在跳完第六段面向前面牆時, 第8拍改跳右前曲膝踏擺個姿勢結束