Go Jaded (zh)

拍数: 32 **墙数:** 4 **级数:** Improver

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音乐: I'm Not Contagious - Chromeo : (CD: Business Casual)

前奏： Introduction: After the instrumental intro, there is a pause in the music and then the beat kicks in with some vocals, begin your 32 Count introduction at this point, dance begins on lyrics “Look around….”

第一段 **Forward, Across, Back, Side [Jazz Box]; Across, Turn, Side, Across**
爵士方塊, 右1/4爵士方塊交叉

1-2 Right Step forward, Left Step across front of R
右足前踏, 左足於右足前交叉踏

3-4 Right Step back, Left Step side L
右足後踏, 左足左踏

5-6 Right Step across front of L, Left Step back & crossed behind R with 1/4 Turn R (3 o’clock)
右足左足前交叉踏, 右轉90度左足於右足後交叉踏(面向3點鐘)

7-8 Right Step side R, Left Step across front of R
右足右踏, 左足於右足前交叉踏

第二段 **Side, Hold/Clap, Hip Bumps: L,R, Forward- Lock-Forward, Hitch**
側, 候(拍手), 推臀-左, 右, 斜角前鎖步, 抬

1-2 RIGHT Step side R, HOLD and Clap hands to R side
右足右踏, 候(在右邊拍手)

3-4 Hip Bump side L. Hip Bump side R [weight on R]
左推臀, 右推臀(重心在右足)

5-6 Left Step forward diagonal L, Right Lock/Step forward and behind L
左足左斜角前踏, 右足於左足後鎖踏

7-8 Left Step forward diagonal L, Right Knee hitch
左足左斜角前踏, 右膝抬

第三段 **Walks Back/Turn, Hitch, Syncopated Bumps L,R**
後走三步帶右轉1/4, 抬, 左推臀, 右推臀

1-4 Right, Left, Right Steps back with 1/4 Turn R, Left Knee hitch (6 o’clock)
三步後走步右轉90度-右, 左, 右, 左膝抬(面向6點鐘)
make an ‘arc shape’ using all three walks back to execute the turn on Counts 1-3 前三拍的後走步, 做一個弧形轉

5&6 Left Step forward diagonal L with L hip bump, Hip bump back, Hip bump forward diagonal L
左足左斜角前踏左推臀, 後推臀, 左斜角前推臀

7&8 Right Hip bump back diagonal R, Hip Bump forward, Hip bump back diagonal R [weight on R]
右斜角後推臀, 前推臀, 右斜角後推臀(重心在右足)

第四段 **Turn 1/4 L, Side, Behind- Side-Cross, Monterey 1/2 Turn R**
左1/4交叉 側, 後 旁 前, 蒙特瑞轉

1-2 Turn 1/4 L with Left Step forward & across front of R, Right Step side R (3 o’clock)
左轉90度左足於右足前交叉踏, 右足右踏(面向3點鐘)

3&4 Left Step crossed behind R, Right step side R, Left Step across front of R 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

5-6 Right Toe/Touch side R, Turn 1/2 R with Right Step beside L (9 o’clock) 右足趾右點, 右轉180度右足併踏(面向9點鐘)

7-8 Left Toe/Touch side L, Left Step beside R
左足趾左點, 左足併踏

ENDING: Dance ends on the front wall. Step forward on R & strike a “GO JADED” Pose.
結束: 結束時會面向前面牆, 右足前踏, 擺個姿勢