# Raise Your Glass (zh)

**拍数:** 64 **墙数:** 2 **级数:** Intermediate / Advanced

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**音乐:** Raise Your Glass - P!nk

前奏： Count In: 16 counts from start of track – dance begins on vocals. 16拍後唱歌起跳

**第一段** **Side R, ¼ turn R stepping L, ¼ R with R chasse, touch L fwd, step back L, R coaster step**

1 – 2 Step right to right side (1), make ¼ turn right stepping left to left side (2), 3.00 右足右踏, 右轉90度左足左踏(面向3點鐘)

3 & 4 Make ¼ turn right stepping right to right side (3), step left next to right (&), step right to right side (4) 6.00 右轉90度右足右踏, 左足併踏, 右足右踏(面向6點鐘)

5 – 6 Angle body to R diagonal (7.30) and touch left toe forward (lean back slightly) (5), step back on left (6) 7.30
身體面向右斜角(7:30)左足趾前點(身體傾向後), 左足後踏(面向7:30)

7 & 8 Step back on right (7), step left next to right (&), step forward on right (8) (body still angled to diagonal) 7.30
右足後踏, 左足併踏, 右足前踏(身體仍面向斜角7:30)

**第二段** **Syncopated rock fwd L, step R, pivot ½ turn L, Cross R, side L, R sailor with R heel touch**

1 2 & 3 4 Rock forward on left (1), recover weight to right (2), step left next to right (&), step forward on right (3), pivot 3/8 turn to left (4) 3.00
左足前下沉, 右足回復, 左足併踏, 右足前踏, 左軸轉145度(面向3點鐘)

5 6 7 & 8 Cross right over left (5), step left to left side (6), cross right behind left (7), step left next to right (&), touch right heel to right diagonal (8) 3.00
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足併踏, 右足趾於右斜角前點(面向3點鐘)

**第三段** **Ball cross L, hold, ball crossing shuffle L, syncopated side rocks**

& 1 2 Step in place on ball of right foot (&), cross left over right (1), hold (2) 3.00 右足踏, 左足於右足前交叉踏, 候(面向3點鐘)

& 3 & 4 Step ball of right slightly to right side (&), cross left over right (3), step right next to left (&), cross left over right (4) 3.00
右足略右踏, 左足於右足前交叉踏, 右足併踏, 左足於右足前交叉踏

5 6 & 7 8 Rock right to right side (5), recover weight left (6), step right next to left (&), rock left to left side (7), recover weight to right (8) 3.00 右足右下沉, 左足回復, 右足併踏, 左足左下沉, 右足回復(3點鐘)

**第四段** **Cross behind L, ¼ turn R stepping fwd, rock fwd L, full turn L travelling back, L coaster step**

1 2 3 4 Cross left behind right (1), make ¼ turn right stepping forward on right (2), rock forward on left (3), recover weight right (4) 6.00
左足於右足後交叉踏, 右轉90度右足前踏, 左足前下沉, 右足回復(6點鐘)

5 – 6 Make ½ turn left stepping forward on left (5), make ½ turn left stepping back on right (6), 6.00
左轉180度左足前踏, 左轉180度右足後踏(面向6點鐘)

7 & 8 Step back on left (7), step right next to left (&), step forward on left (8) 6.00 左足後踏, 右足併踏, 左足前踏(面向6點鐘)

**第五段** **Hip bumps forward then with ¼ turn R, R sailor, L behind side cross**

1 - 2 Touch right toe forward bumping hips forward (1), step forward in place with right foot (2) 6.00 右足趾前點前推臀, 右足前踏(面向6點鐘)

3 - 4 Touch left toe forward bumping hips forward (3) make ¼ turn right stepping in place with left foot (4) 9.00
左足趾前點前推臀, 右轉90度左足踏(面向9點鐘)

5 & 6 Cross right behind left (5), step left next to right (&), step right to right side (6) 9.00
右足於左足後交叉踏, 左足併踏, 右足右踏(面向9點鐘)

7 & 8 Cross left behind right (7), step right to right side (&), cross left over right (8) 9.00
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向9點鐘)

**第六段 Almost repeating 33-40 (1/4 turn R hip bumps)**

1 - 2 Make ¼ turn right touching right toe forward bumping hips forward (1), step forward in place with right foot (2) 12.00
右轉90度右足趾前點前推臀, 右足前踏(面向12點鐘)

3 - 4 Touch left toe forward bumping hips forward (3) make ¼ turn right stepping in place with left foot (4) 3.00
左足趾前點前推臀, 右轉90度左足踏(面向3點鐘)

5 & 6 Cross right behind left (5), step left next to right (&), step right to right side (6) 3.00
右足於左足後交叉踏, 左足併踏, 右足右踏(面向3點鐘)

7 & 8 Cross left behind right (7), step right to right side (&), cross left over right (8) 3.00
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向3點鐘)

**RESTART: 2nd & 5th walls** 第二面牆及第五面牆, 跳至此變換7&8舞步後, 從頭起跳

***2nd wall: Counts 7 & 8 – make ¼ turn right on & count then step forward on left (8) then restart facing 12.00**
左足於右後交叉踏, 右轉90度, 左足前踏(面向12點鐘)

***5th wall: Counts 7 & 8 – make ¼ turn right on & count then step forward on left (8) (you will be facing 6.00)**
左足於右足後交叉踏, 右轉90度, 左足前踏(面向6點鐘)
**add 4 count tag: Shake whole body in place while raising R hand like lifting glass (almost like run on spot to hit drum roll in track, then restart facing 6.00**
加4拍: 右手像舉起一個杯子, 站原地擺動身體4拍後, 從頭起跳

**第七段 R kick ball cross, press lunge R, behind R, side L, R crossing shuffle**

1 & 2 3 4 Kick right to right diagonal (1), step in place on ball of right (&), cross left over right (2), press ball of right to right side bending R knee (3), recover weight to left (4) 3.00
右足右斜角踢, 右足踏, 左足於右足前交叉踏, 右足右壓踏右膝彎, 左足回復(面向3點鐘)

5 6 7 & 8 Cross right behind left (5), step left to left side (6), cross right over left (7), step left next to right (&), cross right over left (8) 3.00
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏, 左足併踏, 右足於左足前交叉踏(面向3點鐘)

**第八段 Monterey turning sequence L & R, sweep L, cross over L, side R, cross L behind**

1 2 3 4 Touch left to left side (1), make ¼ turn left stepping left next to right (2), touch right to right side (3), make ¼ turn right stepping right next to left (4) 3.00
左足左點, 左轉90度左足併踏, 右足右點, 右轉90度右足併踏(面向3點鐘)

5 6 7 8 Make ¼ turn right on ball of right sweeping L around (5), cross left over right (6), step right to right side (7), cross left behind right (8) 6.00
右轉90度左足繞至前, 左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏(面向6點鐘)

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