Ready, Set, Gone! (zh)

7&8



拍数: 32 墙数: 2 级数: Improver 编舞者: Kirsten Birkkjaer (DK) - 2010年12月 音乐: Ready... Set... Gone! - Billy Kay: (CD: Ready, Set, Gone! Single) 第一段 Cross Rock. Chasse Right. Cross Rock. Chasse 1/4 Turn Left. Cross right over left. Recover onto left. 1-2 右足於左足前交叉踏, 左足回復 3&4 Step right to right. Close left beside right. Step right to right. 右足右踏, 左足併踏, 右足右踏 5-6 Cross left over right. Recover onto right. 左足於右足前交叉踏, 右足回復 7&8 Step left forward ¼ turn left. Close right beside left. Step left forward. (Facing 9 o'clock) 左足前踏左轉90度, 右足併踏, 左足前踏(面向9點鐘) 第二段 Pivot ½ Turn Left. Shuffle ½ Turn Left. Back Rock. Kick Ball Change. 1-2 Step forward on right. Pivot ½ turn left (Weight on left). (Facing 3 o'clock) 右足前踏, 左軸轉180度(重心 在左足)(面向3點鐘) 3&4 Shuffle ½ turn left by stepping right, left, right. (Facing 9 o'clock) 左180度轉交換-右, 左, 右(面向9點鐘) Rock back on left. Recover onto right. 左足後下沉, 右足回復 5-6 7&8 Kick left forward. Step left beside right. Step right in place. 左足前踢, 左足併踏, 右足踏 第三段 Cross Side. Sailor 1/4 Turn Left. Forward Rock. Triple Full Turn Right. 1-2 Cross left over right. Step right to right side. 左足於右足前交叉踏, 右足右踏 Step left behind right. Step ¼ turn right steping right to right. Step left forward. (Facing 6 o'clock) 3&4 左足於右足後踏, 右轉90度右足右踏, 左足前踏(面向6點鐘) 5-6 Rock right forward. Recover onto left. 右足前下沉, 左足回復 7&8 Triple step full turn right, by stepping right, left, right. (Facing 6 o'clock) 三步右轉圈-右, 左, 右(面向6點 第四段 Forward Rock. Back Lock Step. Back Rock. Kick Ball Change. 1-2 Rock left forward. Recover onto right. 左足前下沉, 右足回復 3&4 Step back on left. Lock right over left. Step back on left. 左足後踏, 右足於左足前鎖踏, 左足後踏 Step back on right. Recover onto left. 右足後踏, 左足回復 5-6 7&8 Kick right forward. Step right beside left. Step left in place. 右足前踢, 右足併踏, 左足踏 TAG 1: 24 Count Tag At The END Of 3rd Wall. 第三面牆結束加24拍 第一段 Pivot 1/2 Turn Left. x2. Cross Rock. Chasse Right. 1-2 Step forward on right. Pivot ½ turn left. 右足前踏, 左軸轉180度 Step forward on right. Pivot ½ turn left. 右足前踏, 左軸轉180度 3-4 5-6 Cross right over left. Recover onto left. 右足於左足前交叉踏, 左足回復

Step right to right. Close left beside right. Step right to right.

右足右踏, 左足併踏, 右足右踏

第二段	Pivot ½ Turn Right. x2, Cross Rock. Chasse Left.
1-2	Step forward on left. Pivot ½ turn right. 左足前踏, 右軸轉180度
3-4	Step forward on left. Pivot ½ turn right. 左足前踏, 右軸轉180度
5-6	Cross left over right. Recover onto right. 左足於右足前交叉踏, 右足回復
7&8	Step left to left. Close right beside left. Step left to left. 左足左踏, 右足併踏, 左足左踏
第三段	Cross Rock. Chasse Right. Cross Rock. Chasse Left.
1-2	Cross right over left. Recover onto left. 右足於左足前交叉踏, 左足回復
3&4	Step right to right. Close left beside right. Step right to right. 右足右踏, 左足併踏, 右足右踏
5-6	Cross left over right. Recover onto right. 左足於右足前交叉踏, 右足回復
7&8	Step left to left. Close right beside left. Step left to left. 左足左踏, 右足併踏, 左足左踏
TAG 2: 16 Count Tag At END Of 5th Wall. The FIRST 16 count of tag 1	

TAG 2: 16 Count Tag At END Of 5th Wall. The FIRST 16 count of tag 1. 第五面牆結束後加16拍, 跳Tag 1的前16拍