Nitty Gritty (閒話少說) (zh)

拍數: 48 **牆數:** 4 **級數:** Intermediate

編舞者: Robbie McGowan Hickie (UK)

音樂: Nitty Gritty - Kimberly Cole

前奏： 16 Count intro – from the Beginning 16拍後起跳

第一段 **Heel & Side Rock (Right & Left). Cross. Back. 1/2 Turn Right. Step. Pivot 1/2 Turn Right x 2. 踵 & 下沉(右, 左), 交叉, 後, 右1/2, 踏轉二次**

1& Dig Right heel forward. Step Slightly forward on Right.
右足踵前點, 右足略前踏

2& Rock ball of Left out to Left side. Recover weight on Right.
左足左下沉, 右足回復

3& Dig Left heel forward. Step Slightly forward on Left.
左足踵前點, 左足略前踏

4& Rock ball of Right out to Right side. Recover weight on Left.
右足右下沉, 左足回復

5&6 Cross step Right over Left. Step back on Left. Make 1/2 turn Right stepping forward on Right.
右足於左足前交叉踏, 左足後踏, 右轉180度右足前踏

7& Step forward on Left. Pivot 1/2 turn Right.
左足前踏, 右軸轉180度

8& Step forward on Left. Pivot 1/2 turn Right. (6 o'clock)
左足前踏, 右軸轉180度(面向6點鐘)

Option Counts 7&8&: Left Rocking Chair 左搖椅步

第二段 **Left Mambo Forward. Right Coaster Cross. & Side Rock 1/4 Turn Right. Ball-Step Forward. Step. Pivot 1/4 Turn Right. Cross.**
左前曼波, 右海岸交叉, 側下沉右1/4, 併踏, 踏轉1/4, 交叉

1&2 Rock forward on Left. Rock back on Right. Step back on Left.
左足前下沉, 右足後下沉, 左足後踏

3&4 Step back on Right. Step Left beside Right. Cross step Right over Left. 右足後踏, 左足併踏, 右足於左足前交叉踏

&5 Rock Left out to Left side. Recover on Right making 1/4 turn Right.
左足左下沉, 右轉90度右足回復

&6 Step ball of Left beside Right. Step forward on Right. (9 o'clock)
左足併踏, 右足前踏(面向9點鐘)

7&8 Step forward on Left. Pivot 1/4 turn Right. Cross step Left over Right. (12 o'clock)左足前踏, 右軸轉90度, 左足於右足前交叉踏(面向12點鐘)

第三段 **Touch Out. Flick. Touch Out. Behind. Side. Cross. Lunge. Recover 1/4 Turn Left. Left Lock Step Back**
點 勾 點 後, 側 交叉 曲膝 回復1/4, 左後鎖步

1&2 Touch Right toe to Right side. Flick Right heel up and behind Left leg. Touch Right toe to Right side.
右足趾右點, 右踵於左腿後勾, 右足趾右點

3&4 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Lunge Left out to Left side pushing hips Left. Recover on Right making 1/4 turn Left. 左足左曲膝踏左推臀, 左轉90度右足回復

7&8 Step back on Left. Lock step Right across Left. Step back on Left. (9 o'clock) 左足後踏, 右足於左足前鎖踏, 左足後踏

第四段 & Step. Pivot 1/2 Turn Right. Left Lock Step Forward. Toe Strut 1/2 Turn Left x 2. Right Mambo Forward.
併踏, 右1/2, 前鎖步, 趾踵轉1/2二次, 前曼波

&1-2 Step ball of Right beside Left. Step forward on Left. Pivot 1/2 turn Right. 右足併踏, 左足前踏, 右轉180度

3&4 Step forward on Left. Lock step Right behind Left. Step forward on Left. 左足前踏, 右足於左足後鎖踏, 左足前踏

5& Make 1/2 turn Left stepping back on Right toe. Drop Right heel to floor. 左轉180度右足趾後點, 右足踵踏

6& Make 1/2 turn Left stepping forward on Left toe. Drop Left heel to floor. 左轉180度左足趾前點, 左足踵踏

7&8 Rock forward on Right. Rock back on Left. Step back on Right. (3 o'clock) 右足前下沉, 左足後下沉, 右足後踏(面向3點鐘)

第五段 & Jump Back Out-Out. Cross. Chasse 1/4 Turn Right. Step. Pivot 3/4 Turn Right. Behind. 1/4 Turn Left. Step Forward.
後跳外 外, 交叉, 右轉追步, 踏 轉3/4, 後, 左1/4, 前踏

&1-2 Jump Left back and to Left side. Step Right out to Right side. Cross step Left over Right. 左足左後踏, 右足右踏, 左足於右足前交叉踏

3&4 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right. 右足右踏, 左足併踏, 右轉90度右足前踏

5&6 Step forward on Left. Pivot 1/2 turn Right. Make 1/4 turn Right stepping Left to Left side. 左足前踏, 右軸轉180度, 右轉90度左足左踏

7&8 Cross Right behind Left. Make 1/4 turn Left stepping forward on Left. Step forward on Right. 右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏

第六段 Push/Bump Hips Forward & Back. Back. Touch. Back. Touch. Left Sailor 1/4 Turn Left 前推臀, 後推臀, 後 點 後 點, 左1/4轉水手

1&2 Touch Left Diagonally forward Left - bumping hips forward. Bump back. Push hips forward onto Left. 左足斜角前點前推臀, 後推臀, 左足前踏

3&4 Bump hips back. Bump forward. Push hips back onto Right. (12 o'clock) 後推臀, 前推臀, 後推臀右足踏(面向12點鐘)

5& Step Left Diagonally back Left. Touch Right toe beside Left.
左足斜角線後踏, 右足趾併點

6& Step Right Diagonally back Right. Touch Left toe beside Right.
右足斜角線後踏, 左足趾併點

7&8 Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Step forward on Left. (9 o'clock)
左轉90度左足於右足後交叉踏, 右足併踏, 左足前踏(面向9點鐘)

Note: ***An 8 Count Tag is needed at the*** End ***of Wall 2 … (Facing 6 o'clock)***
加拍:第二面牆結束後(面向6點鐘)加8拍

Right Mambo 1/2 Turn Right. Step. Pivot 1/2 Turn Right. Step. Right Mambo Forward. Left Coaster.
右轉1/2曼波, 踏轉1/2, 踏, 右前曼波, 左海岸步

1&2 Rock forward on Right. Rock back on Left. Make 1/2 turn Right stepping forward on Right. 右足前下沉, 左足後下沉, 右轉180度右足前踏

3&4	Step forward on Left. Pivot 1/2 turn Right. Step forward on Left. 左足前踏, 右轉180度, 左足前踏
5&6	Rock forward on Right. Rock back on Left. Step back on Right. 右足前下沉, 左足後下沉, 右足後踏
7&8	Step back on Left. Step Right beside Left. Step forward on Left. (Facing 6 o’clock) 左足後踏, 右足併踏, 左足前踏(面向6點鐘)