No Salvation (沒得救了) (zh)

拍數: 0 **牆數:** 0 **級數:** Intermediate/Advanced

編舞者: Scott Blevins (USA) - 2010年01月

音樂: Teeth - Lady Gaga : (CD: The Fame Monster)

前奏： 32 count intro 32拍後起跳

Section A: A部份

第一段

&1-2	&) Turn 1/8* left [11:00] stepping side R; 1) Step L next to R; 2) Step R across L 左轉45度(面向11點鐘)右足右踏, 左足併踏, 右足於左足前交叉踏
3&4	3) Turn 1/4 right [1:00] stepping back L; &) Turn 1/2 right [7:00] stepping forward R; 4) Step forward L 右轉90度(面向1點鐘)左足後踏, 右轉180度(面向7點鐘)右足前踏, 左足前踏
&5-7	&) Step forward on ball of R; 5) Step L next to R; 6-7) Funky walk small steps back R, L 右足前踏, 左足併踏, Funky後小走步-右, 左
8&	8) Turn 1/2 right [1:00] stepping forward R; &) Turn ½ right [7:00] stepping L next to R 右轉180度(面向1點鐘)右足前踏, 右轉180度(面向7點鐘)左足併踏

第二段

1-2&3	1) Step forward R; 2&3) Triple step forward L, R, L 右足前踏, 前踏-左, 右, 左
4&5	4) Step forward R; &) Pivoting 1/4 left, recover weight to L [5:00]; 5) Step R across L 右足前踏, 左軸轉90度重心在左足(面向5點鐘), 右足於左足前交叉踏
6&7	6) Turn 1/4 right [7:00] stepping back L; &) Turn 3/8 right [12:00] stepping R to right side; 7) Rock L across R [12:00] 右轉90度(面向7點鐘)左足後踏, 右轉135度(面向12點鐘)右足右踏, 左足於右足前交叉下沉(面向12點鐘)
8	8) Recover weight to R 右足回復

第三段

1	1) Step side L [12:00] 左足左踏(面向12點鐘)
&2&3	&) Step R across L; 2) Turn 1/4 right [3:00] stepping back L; &) Turn 1/2 right [9:00] stepping forward R; 3) Step forward L 右足於左足前交叉踏, 右轉90度(面向3點鐘)左足後踏, 右轉180度(面向9點鐘)右足前踏, 左足前踏
4-5	4-5) Walk forward with “attitude” R, L 模特兒前走步-右, 左
6&7	6) Rock forward R; &) Recover back on L starting 1/4 turn right; 7) Finish 1/4 turn right [12:00] stepping side R 右足前下沉, 左足回復, 右轉90度(面向12點鐘)右足右踏
8	8) Step L across R 左足於右足前交叉踏

第四段

1	1) Step side R 右足右踏
&2&	&) Step L behind R; 2) Step R side right; &) Step L across R 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
3-4	3) Step side right onto ball of R pushing hip to right; 4) Return hip and weight to L opening body slightly right to prep for next turn 右足右踏右推臀, 左推臀
5&6	5) Turn 1/2 right [6:00] stepping forward R; &) Turn ½ right stepping L next to [12:00]; 6) Step forward R 右轉180度(面向6點鐘)右足前踏, 右轉180度左足併踏(面向12點鐘), 右足前踏

7&8 7&8) Triple step forward L, R, L
前交換-左, 右, 左

Section B : B部份

第一段

&1-2 &) Turning 1/4 left step side R; 1) Step L next to R; 2) Step R across L 左轉90度右足右踏, 左足併踏, 右足於左足前交叉踏

3-4 3) Turn 1/4 right [12:00] stepping back L; 4) Step back R
右轉90度(面向12點鐘)左足後踏, 右足後踏

5&6 "L Coaster": 5) Step back on ball of L; &) Step R next to L; 6) Step forward L 左足後踏, 右足併踏, 左足前踏

7&8 7&8) Triple step forward R, L, R [12:00]
前走-右, 左, 右(面向12點鐘)

第二段

&1-2 &) Turn 1/4 right [3:00] stepping side L; 1) Step R next to L; 2) Step L across R
右轉90度(面向3點鐘)左足左踏, 右足併踏, 左足於右足前交叉踏

3-4 3) Turn 1/4 left [12:00] stepping back R; 4) Turn 1/2 left [6:00] stepping forward L
左轉90度(面向12點鐘)右足後踏, 左轉180度(面向6點鐘)

5&6 5) Step forward R; &) Turning 1/4 right [9:00] point L to side; 6) Hold 右足前踏, 右轉90度(面向9點鐘)左足左點, 候

&7-8 &) Turn 1/4 right stepping L next to R; 7) Touch R forward; 8) Hold [12:00] 右轉90度左足併踏, 右足前點, 候(面向12點鐘)

第三段

&1-3 &) Step ball of R next to L; 1) Step forward L; 2) Rock forward R; 3) Recover weight back on L
右足併踏, 左足前踏, 右足前下沉, 左足回復

&4&5 &) Step back on ball of R; 4) Step L next to R; &) Small step forward R; 5) Small step forward L
右足後踏, 左足併踏, 右足前踏, 左足略後踏

6-7 6) Rock forward on R; 7) Recover weight back on L
右足前下沉, 左足回復

&8 &) Step back on ball of R; 8) Step L next to R [12:00]
右足後踏, 左足併踏(面向12點鐘)

第四段

&1 &) Small step forward R; 1) Small step forward L
右足略前踏, 左足略前踏

2-3 2) Rock forward on R; 3) Recover weight back on L
右足前下沉, 左足回復

4& 4) Turn 1/2 right stepping forward R; &) Turn 1/2 right stepping L next to R [12:00] 右轉180度右足前踏, 右轉180度右足併踏

5&6 "Out-Out": 5) Step slightly back and side R; &) Step side L so feet are shoulder width apart; 6) Hold
右足略右後踏, 左足左踏與肩同寬, 候

&7-8 &) Turning 1/4 left [9:00] step R side right; 7) Step L across R; 8) Hold 左轉90度(面向9點鐘)右足右踏, 左足於右足前交叉踏, 候

RESTART: AFTER dancing AABAAB, you'll do the FIRST 16 counts of Section A, then "restart" at top of Section A replacing the first 2 counts as follows:
跳完兩次AAB時, 跳A部份16拍後, A部份從頭跳, 原&1-2的舞步換成下面1-2的舞步

1) Turning 1/8 left step side L; 左轉45度左足左踏

2) Step R across L – and then continue through the rest of Section A at counts 右足於左足前交叉踏

3&4 as written above, followed by BAB. Restart happens on original starting wall.
從頭起跳會在面對前面牆時, 跳完1-2接下來跳完ABAB結束舞曲