

# Get Trashed (搞破壞) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate  
編舞者: Robbie McGowan Hickie (UK) - 2008年09月  
音樂: Let's Get Trashed - Mica Roberts & Toby Keith : (CD: Beer For My Horses)



前奏: 32 Count Intro 32拍起跳

- 第一段** Right Step Forward. Tap Behind. Step Back. Kick. Full Turn Right. Hitch. 右前踏, 後點, 後踏, 踢, 右轉圈, 抬
- 1 – 2 Step forward on Right. Tap Left toe behind Right heel – bending knees. 右足前踏, 左足屈膝足趾於右足踵後點
- 3 – 4 Step back on Left. Kick Right forward. 左足後踏, 右足前踢
- 5 – 8 Full turn Right (on the spot) stepping Right. Left. Right. Hitch Left knee up and Slightly across Right. 右轉圈-右, 左, 右, 左膝略於右足前交叉抬起

- 第二段** Cross. Diagonal Steps Back (Right & Left). Cross. Back. Together. Step Forward. Scoot with Hitch. 交叉, 斜角線後踏(右 & 左), 交叉, 後, 併, 前踏, 單腳抬跳
- 1 – 2 Cross step Left over Right. Step Right Diagonally back Right. 左足於右足前交叉踏, 右足於右斜角線後踏
- 3 – 4 Step Left Diagonally back Left. Cross step Right over Left. 左足於左斜角線後踏, 右足於左足前交叉踏
- 5 – 6 Step back on Left (Straighten up to 12 o'clock). Step Right beside Left. 左足後踏(面向12點鐘), 右足併踏
- 7 – 8 Step forward on Left. Scoot forward on Left – Hitching Right knee up. 左足前踏, 右膝抬左足單腳踏

Note: Body should be Facing Left Diagonal on Counts 2 – 4 above.  
在第2-4拍時身體要面向左斜角線

- 第三段** Right Side Rock. 5 Count Weave Left. Heel Flick with 1/4 Turn Right. 右側下沉, 5拍左藤步, 踵抬右轉1/4
- 1 – 2 Rock Right out to Right side. Recover weight on Left. 右足右下沉, 左足回復
- 3 – 6 Cross step Right over Left. Step Left to Left side. Cross Right behind Left. Step Left to Left side. 右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足左踏
- 7 – 8 Cross step Right over Left. On ball of Right, make 1/4 turn Right – Flicking Left heel back. 右足於左足前交叉踏, 右轉90度左足踵後抬

- 第四段** Left Lock Step Forward. Scuff. Step. Pivot 1/2 Turn Left x 2. 左前鎖步, 擦踢, 左踏轉1/2二次
- 1 – 4 Step forward on Left. Lock step Right behind Left. Step forward on Left. Scuff Right forward. 左足前踏, 右足於左足後鎖踏, 左足前踏, 右足前擦踢
- 5 – 6 Step forward on Right. Pivot 1/2 turn Left. 右足前踏, 左轉180度
- 7 – 8 Step forward on Right. Pivot 1/2 turn Left. (Facing 3 o'clock) 右足前踏, 左轉180度

- 第五段** Count Weave Left. Kick Out. Behind. Side. Left Cross Shuffle. 左藤步, 踢, 後, 側, 左交叉交換
- 1 – 3 Cross step Right over Left. Step Left to Left side. Cross Right behind Left. 右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏
- 4 Kick Left out to Left side. 左足左踢
- 5 – 6 Cross Left behind Right. Step Right to Right side. 左足於右足後交叉踏, 右足右踏

7&8 Cross step Left over Right. Small step Right to Right side. Cross step Left over Right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

**第六段 Monterey 1/2 Turn Right. Right Jazz Box with Cross.**  
**右蒙特瑞轉1/2, 右爵士方塊交叉**

1 – 2 Point Right toe out to Right side. Make 1/2 turn Right stepping Right beside Left. 右足趾右點, 右轉180度右足併踏

3 – 4 Point Left toe out to Left side. Step Left beside Right. (Facing 9 o'clock) 左足趾左點, 左足併踏(面向9點鐘)

5 – 6 Cross step Right over Left. Step back on Left.  
右足於左足前交叉踏, 左足後踏

7 – 8 Step Right to Right side. Cross step Left over Right.  
右足右踏, 左足於右足前交叉踏

Note: Dance Counts 1 – 64 for Walls 1 & 2 only ... then from Wall 3 (& Until the End of the Music) a 4 Count Tag is needed After Count 48 (Jazz Box Cross\*\*\*) ... 4 Count Tag: Repeat the Jazz Box Cross ... Then continue with the remainder of the dance.第三面牆開始跳到這兒都加4拍爵士方塊交叉結束

**第七段 Dwight Swivels Right. Kick. Toe Touch Behind. Kick. Back Rock.**  
**足踵右轉, 踢, 趾後點, 踢, 後下沉**

1 Swivel Left heel Right touching Right toe beside Left.  
左足踵右轉

2 Swivel Left toe Right touching Right heel diagonally forward Right.  
左足趾右轉

3 – 4 Swivel Left heel Right touching Right toe beside Left. Kick Right Diagonally forward Right. 左足踵右轉, 右足右斜角線前踢

5 – 6 Touch Right toe behind Left heel. Kick Right Diagonally forward Right. 右足趾於左足後點, 右足右斜角線前踢

7 – 8 Cross rock Right behind Left. Rock forward on Left.  
右足於左足前交叉下沉, 左足前下沉

**第八段 Chasse Right. Back Rock. 1/4 Turn Right. 1/2 Turn Right. Step Forward. Scuff. 右追步, 後下沉, 右轉1/4, 右轉1/2, 前踏, 擦踢**

1&2 Step Right to Right side. Close Left beside Right. Step Right to Right side. 右足右踏, 左足併踏, 右足右踏

3 – 4 Rock back on Left. Rock forward on Right. 左足後下沉, 右足前下沉

5 – 6 Make 1/4 turn Right stepping back on Left. Make 1/2 Right stepping forward on Right. 右轉90度左足後踏, 右轉180度右足前踏

7 – 8 Step forward on Left. Scuff Right forward. (Facing 6 o'clock)  
左足前踏, 右足前擦踢(面向6點鐘)

Note: Dance Counts 1 – 64 for Walls 1 & 2 only ... then from Wall 3 (& Until the End of the Music) a 4 Count Tag is needed After Count 48 (Jazz Box Cross\*\*\*) ... 4 Count Tag: Repeat the Jazz Box Cross ... Then continue with the remainder of the dance.

第一及第二面牆跳64拍後加4拍爵士方塊交叉

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