# Pack Up & Tip Toe (輕舞飛揚) (zh)

**拍數:** 64 **牆數:** 2 **級數:** Improver

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**音樂:** Pack Up - Eliza Doolittle

前奏： Commence on vocals 唱歌起跳(32拍後)

**第一段 Chasse Right, Rock Back, Recover, Chasse Left, Rock Back, Recover**
**右追步, 後下沉 回復, 左追步, 後下沉 回復**

1&2 Step right to right, close left to right, right to right
右足右踏, 左足併踏, 右足右踏

3-4 Rock back on left behind right, recover onto right
左足於右足後下沉, 右足回復

5&6 Step left to left, close right to left, left to left
左足左踏, 右足併踏, 左足左踏

7-8 Rock back on right behind left, recover onto left
右足於左足後下沉, 左足回復

**第二段 Diagonal Rock Forward, Recover, Close, Diagonal Rock Back, Recover, Step Forward, Kick, Ball, Back, Large Step Back**
**斜前下沉, 回復 併踏 後下沉, 回復, 踏, 踢 後 後 後**

1-2& Rock right diagonally forward to right, recover onto left, close right to left 右足右斜前下沉, 左足回復, 右足併踏

3-4 Rock left diagonally back to left, recover forward onto right
左足左斜後下沉, 右足回復

5-6& Step forward on left, kick right foot forward, step slightly back onto ball of right foot 左足前踏, 右足前踢, 右足略後踏

7-8 Step slightly back on left, step large step back on right
左足略後踏, 右足後一大步

**第三段 Close, Walk Forward Right, Left, Close And Bend Knees, Push To Right Diagonal, Bend, Push To Left Diagonal, Bend**
**併, 走, 走, 併且彎膝, 轉向右斜角, 彎膝, 轉向左斜角, 彎膝**

1-4 Close left to right, walk forward on right then left, close right to left and bend knees 左足併踏, 右足前走, 左足前走, 右足併踏彎膝

5-6 Straighten knees & push bottom diagonally back (Body facing 11 0'clock), bend knees and face (12 0'clock)
站直後推臀(身體面向11點鐘), 彎膝面轉正

7-8 Straighten knees & push bottom diagonally back (body facing 1 0'clock), bend knees and face (12 0'clock)
站直後推臀(身體面向1點鐘), 彎膝面轉正

**第四段 Walk Round Full Turn To Left 走步左繞圈**

1-8 Straighten up and walk round a full circle left commencing on right
由右足開始向左走8步轉圈

(you can make this more fun by walking round to a different position in the room) (你也可以在房間內到處亂走)

**第五段 Grapevine Right, Brush, Grapevine Left With ½ Turn Left**
**右藤步, 刷, 左藤步帶左轉**

1–4 Step right to right, left behind right, right to right, brush left next to right 右足右踏, 左足於右足後踏, 右足右踏, 左足刷併踏

5–8 Step left to left, cross right behind left, turn ¼ left and step forward on left, turn ¼ left and small step To right
左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏, 左轉90度右足略右踏

**第六段 Swivel To Right – Heels, Toes, Heels, Toes, Kick, Ball Step, Step, Hold & Clap 轉向右-踵, 趾, 踵, 趾, 踢, 併, 踏, 踏, 候並拍手**

1-4 Swivel to right - heels, toes, heels, toes (weight ending on left)
雙足踵轉向右, 雙足趾轉向右, 雙足踵轉向右, 雙足趾轉向右(重心在左足)

5&6 Kick right forward, step right next to left on ball of foot, step forward on left 右足前踢, 右足併踏, 左足前踏

7-8 Step forward on right, hold and clap hands 右足前踏, 候(拍手)

**第七段 Point Forward, Side, Behind, Hold, Rock Back, Recover, Walk, Walk**
**前點, 左點, 後點, 候, 後下沉, 回復, 走, 走**

1–4 Point left toe across in front of right, point left to left, point left toe behind right, hold
左足趾於右足前點, 左足左點, 左足趾於右足後點, 候

5–8 Rock back on left, recover onto right, walk forward – left, right
左足後下沉, 右足回復, 左足前走, 右足前走

**第八段 Left Heel Forward, Hold, Close, Tap, Hold, Raise And Lower Heels X4**
**踵前, 候, 併, 點, 候, 踵交換抬四次**

1-2& Left heel forward, hold, close left to right
左足踵前點, 候, 左足併踏

3–4 Tap right next to left, hold 右足併點, 候

5–6 Lower right heel & raise left heel at the same time, lower left heel and raise right heel 右足踵踏左足踵抬, 左足踵踏右足踵抬

7–8 Lower right heel & raise left heel, lower left heel & raise right heel
右足踵踏左足踵抬, 左足踵踏右足踵抬

(the action is similar to knee pops But don't turn knees in)
(很像膝彈的動作, 但是膝蓋不往內轉)

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