Higher & Higher (越熾越熱) (zh)

拍數: 32 **牆數:** 4 **級數:** Improver

編舞者: Max Perry (USA) - 2008年03月

音樂: (Your Love Keeps Lifting Me) Higher and Higher - Michael McDonald

第一段 **Mambo Basic, Mambo Side Rock Steps**
曼波, 側曼波 下沉 踏

1&2 3&4 Rock forward w/left foot, step in place w/right foot, bring left foot next to right, rock back w/right foot, step in place w/left foot, bring right foot next to left
左足前下沉, 右足原地踏, 左足併踏, 右足後下沉, 左足原地踏, 右足併踏

5&6 7&8 Rock step side w/left foot, step in place w/right foot, bring left foot next to right, rock step side w/right foot, step in place w/left foot, bring right foot next to left
左足左下沉, 右足原地踏, 左足併踏, 右足右下沉, 左足原地踏, 右足併踏

第二段 **Syncopated Points & Touches - Side, Side , Forward, Forward, Walk Forward, Forward, Kick Forward, Step Out, Out**
變奏點-側 側 前 前, 前走, 前, 前踢, 外, 外

1&2& Touch Left toe to left side (1), Step Left next to Right (&), Touch Right toe to right side (2), Step Right next to left (&)
左足趾左點, 左足併踏, 右足趾右點, 右足併踏

3&4& Touch Left heel forward (3), Step Left next to right (&), Touch Right heel forward (4), Step Right next to left (&)
左足踵前點, 左足併踏, 右足踵前點, 右足併踏

5,6 Step forward L,R 左足前踏, 右足前踏

7&8 Kick L forward, Step L slightly to left side (out), Step R slightly to R (out) 左足前踢, 左足略左踏, 右足略右踏

第三段 **Step In, Cross In Front, Side, Syncopated Weave Left, Left Side Rock, Sailor Shuffle Turning 1/4 Left**
內, 前交叉, 側, 變奏左藤步, 左下沉, 水手轉1/4

&1 Step L in towards R foot (home), Cross R over L
左足併踏, 右足於左足前交叉踏

2 Step L to left side 左足左踏

3&4 Cross R behind L, Step L to left side, Cross R over L
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5,6 Rock L to left side, Step R in place (recover)
左足左下沉, 右足重心回復

7&8 Cross L behind R, Step R in place, Step L in place turning 1/4 left (9:00 wall) 左足於右足後交叉踏, 右足原地踏, 左轉90度左足原地踏(9點鐘)

第四段 **Forward Rock Step, R Shuffle Back, L Shuffle Back, R Shuffle Turning 1/2 Right 前下沉, 右後交換, 左後交換, 右轉1/2交換**

1,2 Rock R forward, Step L in place (recover)
右足前下沉, 左足原地踏重心回復

3&4 R shuffle back – Turn body slightly to right to angle the shuffle step
右後交換步 – 身體略向右轉

5&6 L shuffle back – Turn body slightly to left to angle the shuffle step
左後交換步 – 身體略向左轉

7&8 R shuffle turning 1/2 right to face 3:00 wall
右180度轉交換 面向3點鐘牆