Half Past Twelve (午夜12:30) (zh)

拍數: 64 **牆數:** 2 **級數:** Improver

編舞者: Lesley Clark (SCO) - 2008年08月

音樂: Gimme! Gimme! Gimme! - Mamma Mia

前奏： 36 count intro from the heavy beat

第一段 **Kick-Ball Cross X2, Rock, Recover, Cross Shuffle**
踢交換交叉二次, 下沉回復, 交叉交換

1+2 Kick right foot forward, bring back in place, cross step left over right 右足前踢, 右足後踏, 左足於右足前交叉踏

3+4 Kick right foot forward, bring back in place, cross step left over right 右足前踢, 右足後踏, 左足於右足前交叉踏

5-6 Rock out to right side, recover on left
右足右下沉, 左足回復

7+8 Cross step right over left, step left to left side, cross step right over left 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

第二段 **¼, ¼, Cross Shuffle, Rock, Recover, Behind, Side, Cross**
1/4, 1/4, 交叉交換, 下沉回復, 後旁交叉

1-2 ¼ turn right stepping back on left, ¼ turn right stepping right to right side 右轉90度左足後踏, 右轉90度右足右踏

3+4 Cross step left over right, 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

5-6 Rock out to right side, recover on left
右足右下沉, 左足回復

7+8 Cross step 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

第三段 **Kick-Ball Cross X2, Rock, Recover, Cross Shuffle**
踢交換交叉二次, 下沉回復, 交叉交換

1+2 Kick left foot forward, bring back in place, cross step right over left 左足前踢, 左足後踏, 右足於左足前交叉踏

3+4 Kick left foot forward, bring back in place, cross step right over left 左足前踢, 左足後踏, 右足於左足前交叉踏

5-6 Rock out to left side, recover on right
左足左下沉, 右足回復

7+8 Cross step left over right, 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

第四段 **¼ Turn, Step, Coaster Step, Walk, Walk, Shuffle Forward**
轉1/4, 踏, 海岸步, 走, 走, 前交換

1-2 ¼ turn left stepping back on right foot, step left next to right
左轉90度右足後踏, 左足併踏

3+4 Step back on right, step left next to right, step forward on right
右足後踏, 左足併踏, 右足前踏

5-6 Walk forward left, right 走步-左, 右

7+8 Step forward left, step right next to left, step forward left
左足前踏, 右足併踏, 左足前踏

第五段 **Syncopated Rocks, Shuffle Back, Rock, Recover**
變奏下沉, 後交換, 下沉回復

1-2+ Rock forward on right, recover on left, step right next to left
右足前下沉, 左足回復, 右足併踏

3-4 Rock forward on left, recover on right
左足前下沉, 右足回復

5+6 Step back on left, step right next to left, step back on left
左足後踏, 右足併踏, 左足後踏

7-8 rock back on right, recover on left
右足後下沉, 左足回復

第六段 Kick-Ball Step, Step Pivot ½, Kick-Ball Step, Step Pivot ¼
踢交換, 踏轉1/2, 踢交換, 踏轉1/4

1+2 Kick right foot forward, bring back in place, step forward on left
右足前踢, 右足後踏, 左足前踏

3-4 Step forward on right, ½ turn left (keep weight on left foot)
右足前踏, 左轉180度(重心在左足)

5+6 Kick right foot forward, bring back in place, step forward on left
右足前踢, 右足後踏, 左足前踏

7-8 Step forward on right, ¼ turn left (keep weight on left)
右足前踏, 左轉90度(重心在左足)

第七段 Jazz Box, Step Back X2, Cross Shuffle
爵士方塊, 踏後二次, 交叉交換

1-2 Cross step right over left, step left to left side
右足於左足前交叉踏, 左足左踏

3-4 Step right to right side, cross step left over right
右足右踏, 左足於右足前交叉踏

5-6 Step back on right, step back on left 右足後踏, 左足後踏

7+8 Cross step right over left, step left to left side, cross step right over left 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

第八段 Rock, Recover, Behind, Side, Cross, Step Pivot, Step Pivot
下沉回復, 後, 側, 交叉, 踏轉, 踏轉

1-2 Rock out left, recover on right 左足左下沉, 右足回復

3+4 Cross step left behind right, step right to right side, cross step left over right 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

5-6 Step forward on right, pivot ½ turn left
右足前踏, 左轉180度

7-8 Step forward on right, pivot ½ turn left
右足前踏, 左轉180度

Tag: At the END of wall 2 ADD a right jazz box 第二面牆結束加右爵士方塊

1-2 Cross step right over left, step left to left side
右足於左足前交叉踏, 左足左踏

3-4 Step right to right side, cross step left over right
右足右踏, 左足於右足前交叉踏