Watermelon Crawl (西瓜結滿園) (zh)

拍數: 40 **牆數:** 4 **級數:** Improver

編舞者: Sue Lipscomb (USA)

音樂: Watermelon Crawl - Tracy Byrd

第一段 **Sugarfoot Triples 糖腳步 小三步**

1-2 Point Right Toe To Left Instep. Point Right Heel To Left Instep
右糖腳步(右足趾在左腳背點, 右足踵在左腳背點)

3&4 Triple Step On The Spot - Right, Left, Right. (= 2 Beats)
小3步（右、左、右）

5-6 Point Left Toe To Right Instep. Point Left Heel To Right Instep
左糖腳步(左足趾在右腳背點, 左足踵在右腳背點)

7&8 Triple Step On The Spot - Left, Right, Left. (= 2 Beats)
小3步（左、右、左）

第二段 **Charleston Kicks 查爾斯頓 踢**

1-2 Step Forward On Right Foot. Kick Left Foot Forward. (& Clap)
右足前踏，左足前踢

3-4 Step Back On Left Foot. Touch Right Toe Back (& Clap)
右足後踏，左足後點

5-6 Step Forward On Right Foot. Kick Left Foot Forward. (& Clap)
右足前踏，左足前踢

7-8 Step Back On Left Foot. Touch Right Toe Back (& Clap)
右足後踏，左足後點

第三段 **Right Grapevine, Left Grapevine With 1/4 Turn Left.**
右藤步, 左藤步左轉1/4

1-3 Right Foot Steps To Right Side. Cross Left Foot Behind Right. Right Foot Steps To Right Side. 右足右踏, 左足於右後交叉踏, 右足右踏

4 Kick Left Forward Diagonally 左足斜角線前踢

5-7 Left Foot Steps To Left Side. Cross Right Foot Behind Left. Left Foot Steps To Left Side Making 1/4 Turn Left
左足左踏, 右足於左足後交叉踏, 左轉90度左足左踏

8 Touch Right Foot Besides Left. (& Clap) 右足併點(拍手)

第四段 **Slides 滑步**

1-2 Right Foot Takes Long Step Forward Bending Knees
右足右前斜踏一大步（膝蓋彎曲）

3-4 Slide The Left Foot Up Next To Right. Stand Straight (& Clap)
左足滑至右足旁, 拍手

5-6 Left Foot Takes A Long Step Backwards Bending Knees
左足左後斜踏一大步（膝蓋彎曲）

7-8 Slide The Right Foot Back To Left. Stand Straight (& Clap)
右足滑至左足旁, 拍手

第五段 **Heel Raises, Pivot Turns. 足踵提起, 踏轉**

1	Raise Left Heel & Bump Right Hip To Right Side. 左足腳踵提起 & 臀部誇張向右推動
2	Raise Right Heel & Bump Left Hip To Left Side. 右足腳踵提起 & 臀部誇張向左推動
3	Raise Left Heel & Bump Right Hip To Right Side. 左足腳踵提起 & 臀部誇張向右推動
4	Raise Right Heel & Bump Left Hip To Left Side. 右足腳踵提起 & 臀部誇張向左推動
5-6	Step Forward On Right. Pivot 1/2 Turn To Left. 右足前踏，左後轉180度
7-8	Step Forward On Right. Pivot 1/2 Turn To Left. (weight On Left) 右足前踏，左後轉180度(重心在左足)