It's Over (是該結束了) (zh)

拍數: 32 **牆數:** 4 **級數:** Improver

編舞者: Chris Cleevely (UK) - 2010年07月

音樂: It's Over - Alexandra Burke

前奏： Intro: 16 counts 16拍後起跳

第一段 **Walk Forward Right, Left; Rock Forward, Recover, Step Forward; Walk Forward Left, Right; Rock Forward, Recover, Step Back**
走 走, 下沉 回復 前踏, 走 走, 下沉 回復 後

1-2 Walk forward right, walk forward left
右足前走, 左足前走

3&4 Rock forward right, recover weight left, step forward right
右足前下沉, 左足回復, 右足前踏

5-6 Walk forward left, walk forward right
左足前走, 右足前走

7&8 Rock forward on left, recover weight on right, step back on left
左足前下沉, 右足回復, 左足後踏

第二段 **Step Back Right, ½ Turn Over Left Shoulder; Right Forward Shuffle; Step ¼ Turn Right; Cross & Step Forward**
後, 1/2, 前交換, 踏 右1/4, 交叉 右踏 前踏

9-10 Step back on right, make ½ turn over left shoulder stepping forward on left (6.00 o'clock) 右足後踏, 左轉180度左足前踏(面向6點鐘)

11&12 Shuffle forward right, stepping right/left/right
右足前交換-右, 左, 右

13-14 Step forward on left and pivot ¼ turn right (weight on right) (9.00 o'clock) 左足前踏, 右軸轉90度(重心在右足)(面向9點鐘)

15&16 Cross left over right, step right to right side, step forward on left
左足於右足前交叉踏, 右足右踏, 左足前踏

第三段 **Modified Kick Ball Change x2; Step, Point; Rock, Recover, ¼ Turn Left**
修正踢 併 踏 共二次, 前踏, 左點, 下沉 回復, 左1/4

17&18 Kick right forward, step back on ball of right (bending knees), step on left 右足前踢, 右足後踏(彎膝), 左足踏

19&20 Kick right forward, step back on ball of right (bending knees), step on left 右足前踢, 右足後踏(彎膝), 左足踏

21-22 Step forward on right, point left toe to left side
右足前踏, 左足趾左點

23&24 Rock forward on left, recover weight on right, make ¼ turn left stepping forward on left (6.00 o'clock)
左足前下沉, 右足回復, 左轉90度左足前踏(面向6點鐘)

第四段 **Step ½ Turn Left; Left ¼ Rock & Cross; Rock Left, Recover; Left Coaster Step (Or Full Turn Left)**
踏 轉, 左1/4右下沉 回復 交叉, 左下沉 回復, 海岸步(或轉圈)

25-26 Step forward on right, pivot ½ turn left (weight on left) (12.00 o'clock) 右足前踏, 左軸轉180度(重心在左足)(面向12點鐘)

27&28 Making ¼ turn left, rock right to right side, recover left & cross right over left (9.00 o'clock)
左轉90度右足右下沉, 左足回復, 右足於左足前交叉踏(面向9點鐘)

29-30	Rock left to left side, recover weight on right 左足左下沉, 右足回復
31&32	Step back on left, step right beside left, step forward on left (or full turn left) 左足後踏, 右足併踏, 左足前踏(進階版：左轉圈)