Enjoy Yourself! (盡情享受) (zh)

拍數: 32 **牆數:** 4 **級數:** Improver

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音樂: Enjoy Yourself - Billy Currington

前奏： 32 Count Intro 32拍後起跳

第一段 **Step, Hold, Forward Rock, Walk Back Twice, Coaster Cross**
踏 候, 下沉 回復, 後走 後走, 海岸交叉

1-2 Step Right Forward, Hold 右足前踏, 候

3-4 Rock Left Forward, Recover To Right 左足前下沉, 右足回復

5-6 Step Left Back, Step Right Back 左足後踏, 右足後踏

7&8 Step Left Back, Step Right Together, Cross Left Over Right
左足後踏, 右足併踏, 左足於右足前交叉踏

第二段 **Side, Together, Shuffle Forward, Side, Drag, Touch Out, Touch In**
右 併, 前交換, 左大步 拖併, 右點 併點

1-2 Step Right To Side, Step Left Together 右足右踏, 左足併踏

3&4 Chassé Forward Right, Left, Right 前交換-右, 左, 右

5-6 Long Step Left On Left, Drag Right To Touch Beside Left
左足左大步, 右足拖併點

7-8 Touch Right To Side, Touch Right Together 右足右點, 右足併點

第三段 **Back Rock, Chasse Right, Cross Rock, Chasse Left**
後下沉 回復, 右追步, 交叉下沉 回復, 左追步

1-2 Rock Right Back, Recover To Left 右足後下沉, 左足回復

3&4 Chassé Side Right, Left, Right 右追步-右, 左, 右

5-6 Cross/Rock Left Over Right, Recover To Right
左足於右足前交叉下沉, 右足回復

7&8 Chassé Side Left, Right, Left 左追步-左, 右, 左

第四段 **Weave Turn ¼ Left, Step, Turn ½ Left, Turn ¼ Left, Behind (Turn ¼ Right)**
左1/4藤步轉, 踏 轉, 左1/4, 後(右1/4)

1-2 Cross Right Over Left, Step Left To Side
右足於左足前交叉踏, 左足左踏

3-4 Cross Right Behind Left, Turn ¼ Left And Step Left Forward (9:00)
右足於左足後交叉踏, 左轉90度左足前踏(面向9點鐘)

5-6 Step Right Forward, Turn ½ Left (Weight To Left)
右足前踏, 左轉180度重心在左足

7-8 Turn ¼ Left And Step Right To Side, Cross Left Behind Right (12:00)
左轉90度右足右踏, 左足於右足後交叉踏

& Turn ¼ Right To Face New Wall (3:00) And Step Right Forward
右轉90度右足前踏(面向3點鐘)

1-8 Are A 'Figure Of 8' Sequence Completing A Full Turn Left
1-8拍會完成一個左轉的8字型舞步