Eagles Rock (老鷹搖滾) (zh)

拍數: 64 **牆數:** 4 **級數:** Improver

編舞者: Gaye Teather (UK) - 2007年11月

音樂: How Long - Eagles : (CD: Long Road Out Of Eden)

前奏： 24 count intro 24拍後起跳

第一段 **Side rock. Cross shuffle. Quarter turn Right (x 2). Cross. Hold & clap 側下沉, 交叉交換, 右轉1/4二次, 交叉, 候 & 拍手**

1-2 Rock Right to Right side. Recover onto Left
右足右下沉, 左足回復

3&4 Cross Right over Left. Step Left to Left. Cross 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

5-6 Quarter turn Right stepping back on Left. Quarter turn Right stepping Right to Right side (Facing 6 o'clock)
右轉90度左足後踏, 右轉90度右足右踏(面向6點鐘)

7-8 Cross Left over Right. Hold and clap
左足於右足前交叉踏, 候 & 拍手

第二段 **Side rock. Cross shuffle. Quarter turn Right (x 2). Cross. Hold & clap 側下沉, 交叉交換, 右轉1/4二次, 交叉, 候 & 拍手**

1-2 Rock Right to Right side. Recover onto Left
右足右下沉, 左足回復

3&4 Cross Right over Left. Step Left to Left. Cross 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

5-6 Quarter turn Right stepping back on Left. Quarter turn Right stepping Right to Right side (Facing 12 o'clock)
右轉90度左足後踏, 右轉90度右足右踏(面向12點鐘)

7-8 Cross Left over Right. Hold and clap
左足於右足前交叉踏, 候 & 拍手

第三段 **Forward rock. Walk back Right. Left. Back rock. Forward Right. Touch**
前下沉, 右左後走步, 後下攪, 右前踏, 點

1-4 Rock forward on Right. Recover onto Left. Walk back Right. Left
右足前下沉, 左足回復, 後走步 右, 左

5-8 Rock back on Right. Recover onto Left. Step forward on Right. Touch Left beside Right 右足後下沉, 左足回復, 右足前踏, 左足併點

第四段 **Rock (x 4). Jazz box. Touch 四次下沉, 爵士方塊, 點**

1-4 Step Left to Left rocking weight onto Left. Rock onto Right. Rock onto Left. Rock onto Right 左足左下沉, 右足下沉, 左足下沉, 右足下沉

5-8 Cross Left over Right. Step back on Right. Step Left to Left. Touch Right beside Left
左足於右足前交叉踏, 右足後踏, 左足左踏, 右足併點

**Add the 4 count TAG here DURING wall 2 (see below) and start dance again from the beginning 第二面牆在此加四拍TAG後從頭跳起

Side Right. Touch. Side Left. Touch 右側, 點, 左側, 點

1 -4 Step Right to Right. Touch Left beside Right. Step Left to Left. Touch Right beside Left
右足右踏, 左足併點, 左足左踏, 右足併點

第五段 **Chasse Right. Back rock. Kick ball cross. Kick ball cross**
右走步, 後下沉, 踢交叉交換, 踢交叉交換

1&2 Step Right to Right side. Step Left beside Right. Step Right to Right
右足右踏, 左足併踏, 右足右踏

3-4 Rock back on Left. Recover onto Right
左足後下沉, 右足回復

5&6 Kick Left forward. Step Left beside Right. Cross Right over Left
左足前踢, 左足併踏, 右足於左足前交叉踏

7&8 Kick Left forward. Step Left beside Right. Cross Right over Left
左足前踢, 左足併踏, 右足於左足前交叉踏

Angle body slightly towards Left diagonal during counts 5&6, 7&8
在 5&6 7&8拍時, 身體略向左斜角線前傾

第六段 Chasse Left. Back rock. Kick ball cross. Kick ball cross
左走步, 後下沉, 踢交叉交換, 踢交叉交換

1&2 Step Left to Left side. Step Right beside Left. Step Left to Left
左足左踏, 右足併踏, 左足左踏

3 -4 Rock back on Right. Recover onto Left
右足後下沉, 左足回復

5&6 Kick Right forward. Step Right beside Left. Cross Left over Right
右足前踢, 右足併踏, 左足於右足前交叉踏

7&8 Kick Right forward. Step Right beside Left. Cross Left over Right
右足前踢, 右足併踏, 左足於右足前交叉踏

Angle body slightly towards Right diagonal during counts 5&6, 7&8
在 5&6 7&8 拍時, 身體略向右斜角線前傾

第七段 Quarter Right. Half Right. Back rock. Full turn Left (travelling forward). Walk. Walk 右轉1/4, 右轉1/2, 後下沉, 左轉圈, 走, 走

1 -2 Quarter turn Right stepping forward on Right. Half turn Right stepping back on Left 右轉90度右足前踏, 右轉180度左足後踏

3 -4 Rock back on Right. Recover onto Left 右足後下沉, 左足回復

5 -6 Half turn Left stepping back on Right. Half turn Left stepping forward on Left (Facing 9 o'clock)
左轉180度左足後踏, 左轉180度左足前踏(面向9點鐘)

7 -8 Walk forward Right. Left 前走步 右, 左

第八段 Heel switches (x 3). Clap. Hip bumps forward (x 2) Hip bumps back (x 2) 足踵交換三次, 拍手, 前推臀二次, 後推臀二次

1&2& Touch Right heel forward. Step Right beside Left. Touch Left heel forward. Step Left beside Right
右足踵前點, 右足併踏, 左足踵前點, 左足併踏

3 -4 Touch Right heel forward. Hold & clap 右足踵前點, 候 & 拍手

5&6 Bump hips forward twice 前推臀二次

7&8 Bump hips back twice 後推臀二次