Strobe Lights (閃熾燈光) (zh)

拍數: 64 **牆數:** 2 **級數:** Advanced

編舞者: Rachael McEnaney (USA) - 2009年06月

音樂: Strobe Lights - Emmanuel

前奏： Count In: 32 counts from start of track at approx 16 secs 32拍後起跳

第一段 **Step Touch, Step Touch, Out Out, Hitch Close, Knee Pop, Ball Change, Syncopated Jazz Box**
踏點, 踏點, 外外, 抬併, 膝彈, 併踏, 爵士方塊

&1&2 Step right to right side (&), touch left next to right (1), step left to left side (&), touch right next to left (2) [12.00]
右足右踏, 左足併點, 左足左踏, 右足併點(面向12點鐘)

&3&4 Step right to right side (&), step left to left side (3), hitch right knee (&), step right next to left (4) [12.00]
右足右踏, 左足左踏, 右膝抬, 右足併踏(面向12點鐘)

&5&6 Push both knees out to sides (&), pop knees together (5), step back on ball of left foot (&), step in place with right (6) [12.00]
雙膝外推, 雙膝內併, 左足後踏, 右足踏(面向12點鐘)

7&8 Cross left over right (7), step back on right (&), step left next to right (8) [12.00]
左足於右足前交叉踏, 右足後踏, 左足併踏(面向12點鐘)

第二段 **Step ¼ Pivot, Full 2 Count Turn Right, Step Right Left, Full Triple Turn To Right (The Turns Are Like Rolling Vine)**
踏轉1/4, 2拍右轉圈, 右踏左踏, 小三步右轉華倫一圈

1-2 Step forward on right (1), make ¼ turn left (weight on left – pull L shoulder back) (2) [9.00]
右足前踏, 左轉90度(重心在左足-左肩向後拉)(面向9點鐘)

3-4& Make ¼ turn right stepping forward on right (3), make ½ turn right stepping back on left (4), make ¼ turn right (no weight change) (&) [9.00]
右轉90度右足前踏, 右轉180度左足後踏, 右轉90度重心在左足(9點鐘)

5-6 Step right to right side (5), step left to left side (6) (these are strong steps – push hips forward with each step) [9.00]
右足右踏, 左足左踏(二次都重踏推臀)(面向9點鐘)

7&8 Make ¼ turn right stepping forward right (7), make ½ turn right stepping back left (&), make ¼ turn right stepping right to side (8) [9.00]
右轉90度右足前踏, 右轉180度左足後踏, 右轉90度右足右踏(9點鐘)

第三段 **Walk Forward L R, L Mambo ½ Turn, Slide/Glide ½ Turn L With Ball Of R, Close R, Step Forward L (ARMS)**
前走-左, 右, 左轉1/2曼波, 滑步 左1/2帶右踏, 右併, 左前踏

1-2 Angle body to diagonal (10.30) step forward on left (1), step forward on right (2) [10.30]
身體向斜角(10:30)左足前踏, 右足前踏(面向10:30)

3&4 Rock forward on left (3), recover weight onto right (&), make ½ turn left stepping forward on left (4) [4.40]
左足前下沉, 右足回復, 左轉180度左足前踏(面向4:40)

5&6 Push ball of right foot next to left (5), put weight into right heel whilst sliding left foot back (start turn) (&), make ½ turn left stepping forward on to left (6) [10.30]
右足併踏, 左足滑向後(準備轉), 左轉180度左足前踏(面向10:30)

7-8 Step right next to left (7), step forward on left bending both knees (8) [10.30] 右足併踏, 左足前踏彎雙膝(面向10:30)

Arms
7&8 As you step right next to left leave left arm out to left side loosely snap fingers of right hand close to eye level (7) With right hand imagine drawing a circle anti-clockwise without moving elbow (&) As you step forward left complete arm circle bringing fist close to head (eye level) (8)
7&8手勢配合
左手彈指右手靠併眼睛高度, 右手反向畫圓, 拳頭靠併眼睛高度

第四段 ¼ Turn (Or 3/8 As Facing Diagonal), Step Forward, Body Bounce, Hitch Close, Step R L, Full Turn R, Side L
轉3/8, 前踏, 身體彈跳, 抬併, 右, 左, 右轉圈, 左

1–2 Make 3/8 turn to right stepping forward onto right (legs straighten) (1), step forward on left bending both knees dipping down (2) [3.00]
右轉3/8右足前踏(腿伸直), 左足前踏雙膝彎曲略蹲(面向3點鐘)

Arms
1-2 Fingers stretched out palms facing front take both arms out to sides from bottom to top (1), put left hand on top of right elbows out to sides as if chin is almost resting on your hands (2)
1-2拍手勢
雙手向外側伸直, 雙手彎內左手放在右手上下巴靠手上

&3 Straighten knees pushing hands down (still on top of eachother) (&), bend knees dip down again bringing hands back up (3) [3.00]
雙膝伸直雙手原姿勢下壓, 雙膝略蹲雙手回復(面向3點鐘)

&4 Straighten left knee as right foot flicks back (as if kicking butt) (&) (L hand stays R hand punches out to R side), stomp right next to left (4) (R hands comes back to left) [3.00]
左膝伸直右足後抬(左手不動,右手伸向右), 右足併重踏(右手回復)(面向3點鐘)

5-6 Step right to right side (drop arms – punch down as option) (5), step left to left side (6) [3.00]
右足右踏(雙手放下), 左足左踏(面向3點鐘)

7-8 Make ¼ turn right stepping forward on right continue turning on ball of right foot to complete full turn (7), step left to left side (8)
右轉90度右足前踏右轉圈, 左足左踏

Arm: as you step left to side swing right arm from bottom to top as if doing back crawl with a finger snap) [3.00]
第8拍動作右手從下由後往上轉動彈手指(面向3點鐘)

第五段 Cross R Behind, ¼ Turn Left, Step R, ½ Pivot, Heel Switches With Fingers & Sweep, R Behind Side Cross
右後交叉, 左1/4, 右踏, 轉, 踵交換帶繞, 後旁交叉

1-2 Cross right behind left (1), make ¼ turn left stepping forward on left (2), [12.00]
右足於左足後交叉踏, 左轉90度左足前踏(面向12點鐘)

3&4 Step forward on right (3), pivot ½ turn left (&), step forward on right (4) [6.00]
右足前踏, 左轉180度, 右足前踏(面向6點鐘)

5&6& Touch left heel forward pointing both index fingers down towards left foot (5), step left next to right (&), touch right heel forward pointing both fingers down towards right foot (6),sweep right heel round to behind left – no weight change (&) [6.00]
左足踵前點(手指指向左足), 左足併踏, 右足踵前點(手指指向右足), 右足繞至左後重心仍在左足(面向6點鐘)

7&8 Cross right behind left (7), step left to left side (&), cross right in front of left (8) [6.00]
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏(面向6點鐘)

第六段 Big Step Left, Hold, Ball Cross, ¼ Turn Right, 2 Hip Bumps Forward, ½ Turn Right, 2 Hip Bumps Forward.
左大步, 候, 踏交叉, 右1/4, 二次前推臀, 右1/2, 二次前推臀

12&34 Take big step to left side(1), hold(2), step back on ball of right(&), cross left over right (3), make ¼ turn right stepping forward right (4) [9.00]
左足左一大步, 候, 右足後踏, 左足於右足前交叉踏, 右轉90度右足前踏(面向9點鐘)

5&6 Touch left toe forward bumping hips forward (5), bump hips back (&), bump hips forward taking weight on left (6) [9.00]
左足趾前點前推臀, 後推臀, 前推臀重心在左足(面向9點鐘)

7&8 Make ½ turn right touch right toe forward bumping hips forward (7), bump hips back (&), bump hips forward stepping forward right (8) [3.00]
右轉180度右足趾前點前推臀, 後推臀, 前推臀右足前踏(面向3點鐘)

第七段 Walk L, R Mambo, Walk Back L R, L Coaster Cross, R Cross Walk
左走, 右曼波, 後走-左, 右, 海岸交叉, 右交叉走

12&34 Step forward on left (1), rock forward on right (2), recover weight onto left (&), step back on right (3) step back on left (4) [3.00]
左足前踏, 右足前下沉, 左足回復, 右足後踏, 左足後踏(面向3點鐘)

56&78 Step back on right (5), step back on left (6), step right next to left (&), cross left over right travelling slightly forward (7), step forward on right crossing slightly over left (8) [3.00]
右足後踏, 左足後踏, 右足併踏, 左足於左足前交叉踏(略向前移動), 右足於左足前交叉踏(略向前移動)(面向3點鐘)

第八段 Left Diagonal Step Touch, Right Diagonal Step Touch, 3 Walks Making ¾ Turn Left, Touch Or Small Jump
左斜角踏點, 右斜角踏點, 三步左轉3/4, 點或跳

1-2 Take big step forward leading with left heel to left diagonal (1), close right to left (small jump optional) (2) [3.00]
左足踵左斜角前一大步, 右足併點(或小跳步)(面向3點鐘)

3-4 Take big step forward leading with right heel to right diagonal (3), close left to right (small jump optional) (4) [3.00]
右足踵右斜角前一大步, 左足併點(或小跳步)(面向3點鐘)

5-8 Make ¾ turn left walking in circle – left (5), right (6), left (7), touch right next to left (or small jump) (8) [6.00]
左轉270度-左, 右, 左, 右足併點(或小跳步)(面向6點鐘)