Stoked (熱情洋溢) (zh)

拍數: 0 **牆數:** 3 **級數:** Intermediate

編舞者: Joey Warren (USA) - 2010年04月

音樂: Alright (feat. Machel Montano) - Pitbull

Part A (32 counts) A部份 - 32拍
Part A is only done to the 12 o'clock, 6 o'clock, and one time at end to 3 o'clock
A部份面向12點鐘及6點鐘, 只有一次在結束時面向3點鐘

第一段 **R-Rock-Recover, Behind Side Cross, L-Rock-Recover, Behind Side Cross**
右下沉 回復, 後 旁 前, 左下沉 回復, 後 旁 前

1–2 Rock R out to R, Recover on to L (Sway R hip to R on Rock)
右足右下沉右擺臀, 左足回復

3&4 Step R behind L, Step L out to L, Cross R over L
右足於左足後踏, 左足左踏, 右足於左足前交叉踏

5–6 Rock L out to L, Recover on to R (Sway L hip to L on Rock)
左足左下沉左擺臀, 右足回復

7&8 Step L behind R, Step R out to R, Cross L over R
左足於右足後踏, 右足右踏, 左足於右足前交叉踏

第二段 **¼ R Forward, L Lock Step, Step-Lock-Step, Rock ½ Turn L, Full Turn**
1/4踏 鎖, 前鎖步, 曼波轉, 轉 轉

1–2 ¼ Turn R stepping R forward, Lock L foot behind R
右轉90度右足前踏, 左足於右足後鎖踏

3&4 Step R forward, Lock L Behind R, Step R forward
右足前踏, 左足於右足後鎖踏, 右足前踏

5&6 Rock forward on L, Recover back on R, ½ Turn L stepping L forward
左足前下沉, 右足回復, 左轉180度左足前踏

7–8 ½ Turn L stepping R back, ½ Turn L stepping L forward
左轉180度右足後踏, 左轉180度左足前踏

第三段 **Forward Steps w/ Shoulder Sways, Cross-Rock-Recover ¼ Turn, ½ Turn R**
前踏擺肩, 交叉-下沉-回復轉1/4, 1/4 1/4

1–2 Step R out/forward (sway R shoulder R), Step L out/forward (sway L shoulder L) 右足前踏右擺肩, 左足前踏左擺肩

3–4 Step R out/forward (sway R shoulder R), Step L out/forward (sway L shoulder L) 右足前踏右擺肩, 左足前踏左擺肩

5&6 Cross rock R over L, Recover back on L, ¼ Turn R stepping R forward
右足於左足前交叉下沉, 左足回復, 右轉90度右足前踏

7–8 ¼ Turn R touching L toe out to L, ¼ Turn R stepping L forward
右轉90度左足左點, 右轉90度左足前踏

第四段 **Scoot Step R-L, Double Step on R, Scoot Step L-R, Double Step on L**
單腳跳-右, 左, 右二次, 單腳跳-左, 右, 左二次

1–2 Small scoot/hop on L toward R diagonal, Small scoot/hop on R towards L diagonal 左足單腳跳向右斜角, 右足單腳跳向左斜角

3&4 Small scoot/hop on L towards R diagonal x2
左足單腳跳向右斜角二次, 右足踏

5–6 Small scoot/hop on R toward L diagonal, Small scoot/hop on L towards R diagonal 右足單腳跳向左斜角, 左足單腳跳向右斜角

7&8 Small scoot/hop on R towards L diagonal x2 (make sure weight ends on L) 右足單腳跳向左斜角二次, 左足踏

Part B (32 counts) B部份 - 32拍
Part B is only done to the 12 o'clock and 3 o'clock walls
B部份只會面向12點鐘及3點鐘

第一段 **Jump out, Knee pop, Heel/Toe Swivel x2, Rock-Recover, Cross-Step ½ Turn**
跳開, 膝彈, 踵趾旋轉二次, 下沉回復, 交叉, 1/4 1/4

1&2	Jump out on R&L, Pop both knees up, Bring knees back down 雙腳後跳開, 雙膝前彈, 雙膝彈回
&3&4	On ball of L & heel of R swivel toes to L, bring back to center, On ball of R foot & heel of L swivel toes to R, bring back to center (weight ends on L) 重心在左足踵右足趾轉向左, 轉回, 重心在右足踵左足趾轉向右, 轉回 (重心在左足)
&56	Step R foot to L, Rock out on L foot, Recover weight back to R 右足併踏, 左足左下沉, 右足回復
&7&8	Cross L over R, ¼ L stepping back R, ¼ L stepping L side, Touch R toe to R side 左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度左足左踏, 右足右點
第二段	**Full Turn, Rock-Recover-Cross, ¼ Rock-Recover Half, Walk R, L** **三步轉圈帶下沉, 回復, 交叉, 1/4下沉, 回復, 轉, 走 走**
1–2	¼ Turn R stepping R forward, ½ Turn R stepping L back 右轉90度右足前踏, 右轉180度左足後踏
3&4	¼ Turn R rocking out on R foot, Recover L, Cross R over L 右轉90度右足右下沉, 左足回復, 右足於左足前交叉踏
5&6	¼ Turn L rocking forward on L, Recover on R, ½ Turn L stepping L forward 左轉90度左足前下沉, 右足回復, 左轉180度左足前踏
7–8	Walk forward R, Walk forward L 右足前走, 左足前走
第三段	**Rock & Cross x2, Rock-Recover-1/2 Turn, Weave** **(下沉 回復 交叉)二次, 右下沉 回復 轉, 後 旁 前**
&12	Quick rock out/forward with R, Recover on L, Cross R over L 右足右前下沉, 左足回復, 右足於左足前交叉踏
&3-4	Quick rock out/forward with L, Recover on R, Cross L over R 左足左前下沉, 右足回復, 左足於右足前交叉踏
5&6	Rock out to R, Recover to L, ½ Turn L stepping R to R side 右足右下沉, 左足回復, 左轉180度右足右踏
7&8	Step L behind R, Step R out to R side, Cross L over R 左足於右足後踏, 右足右踏, 左足於右足前交叉踏
第四段	**R Mambo Forward, L Coaster, Brush-Hitch-Touch, Heel Flick-Knee Pop** **前曼波, 海岸步, 刷-抬-點, 踵抬-膝彈**
1&2	Rock forward on R, Recover back on L, Step R next to L 右足前下沉, 左足回復, 右足併踏
3&4	Step L back, Step R back next to L, Step L forward 左足後踏, 右足併踏, 左足前踏
5&6	Brush R forward, Hitch R knee up, Touch R down slightly in front of L 右足前刷, 右膝抬, 右足於左足略前點
&7&8	Flick R heel out, Place R back on floor, Pop knees forward, Back to center *Weight should end on L foot 右足踵右抬, 右足後踏, 雙膝前彈, 雙膝彈回(重心在左足)