Hands All Over (zh)

拍數: 64 **牆數:** 4 **級數:** Intermediate/Advanced

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音樂: Give a Little More - Maroon 5 : (CD: Hands All Over)

前奏： Introduction: 24 Counts, begin on lyrics

第一段 **Side, Behind, Turn, Turn, Knee Pops, Side, Behind, Turn, Beside, Knee Pops**

1-2 Right Step side R, Left step crossed behind R
右足右踏, 左足於右足後交叉踏

&3 Turn 1/4 R with Right Step forward (3:00), Turn 1/4 R with Left Step side L (6:00)
右轉90度右足前踏(面向3點鐘), 右轉90度左足左踏(面向6點鐘)

&4 Pop knees forward (heels up), Straighten knees (heels down, weight on L) 雙膝前彈(雙足踵抬), 膝伸直(雙足踵踏, 重心在左足)

5-6 Right Step side R, Left Step crossed behind R
右足右踏, 左足於右足後交叉踏

&7 Turn 1/4 turn R with Right Step forward (9:00), Left Step beside R
右轉90度右足前踏(面向9點鐘), 左足併踏

&8 Pop knees apart (heels up), Straighten knees (heels down, knees together, weight on L)
雙膝彈向外(雙足踵抬), 膝伸直(雙足踵踏, 膝併, 重心在左足)

第二段 **Forward, Hold, & Forward, Hold, Out, Out, Back, Turn, Behind, Turn**

1-2 Right Touch forward, Hold 右足前點, 候

&3-4 Right Step back, Left Touch forward, Hold
右足後踏, 左足前點, 候

&5-6 Left Step side L, Right Step side R, Left Step back
左足左踏, 右足右踏, 左足後踏

7&8 Turn 1/4 R with Right Step side R (12:00), Left Step crossed behind R, Turn 1/4 R with Right Step forward (3:00)
右轉90度右足右踏(面向12點鐘), 左足於右足後交叉踏, 右轉90度右足前踏(面向3點鐘)

第三段 **Left, Right "Skates", ¼ Turn Sailor Step, Turn, Turn**

1 &2 Left Slide/step side L, bring Right toe/ball beside L, Right Slide/step side R 左足滑向左踏, 右足趾併點, 右足滑向右踏

3&4 Left Step crossed behind R with Turn 1/4 L, Right Step side R, Left step side L (12:00)
左足於右足後交叉踏左轉90度, 右足右踏, 左足左踏(面向12點鐘)

5-6 Right Step forward, Turn 1/2 L with Left Step forward (6:00)
右足前踏, 左轉180度左足前踏(面向6點鐘)

7-8 Right Step forward, Turn 1/4 L with Left Step side L (3:00)
右足前踏, 左轉90度左足左踏(面向3點鐘)

第四段 **Forward, Forward, Ball Step, Syncopated Heel Twists, Back, Back, L Scissor Step**

1-2 Right Step forward, Left Step forward
右足前踏, 左足前踏

&3 Right Toe/Ball step forward, Left Toe/ball forward & behind R heel
右足前踏, 左足前踏(於右足踵後)

&4 Twist heels to R & face L diagonal, Twist heels to L & face front, weight on R 雙足踵轉向右面向左斜角, 雙足踵轉向左面向前重心在右足

Note: Knees straighten, heels lift up on 1st twist ("&") lower heels & knees bend on 2nd twist ("4")
雙膝伸直, 雙足踵在&拍時抬, 在第2個拍子時踵踏膝彎

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

7&8 Left Step side L, Right Step beside L, Left Step across front of R
左足左踏, 右足併踏, 左足於右足前交叉踏

第五段 **Rock, Recover, Crossing Triple, Rock, Turn/Recover, Forward Triple**

1-2 Right Rock/Step side R, Left Recover/step side L [in place]
右足右下沉, 左足回復

3&4 Right Step across front of L, Left Step side L, Right Step across front of L 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Left Rock/step side L, Turn 1/4 R with Right Recover/step forward [in place] (6:00) 左足左下沉, 右轉90度右足回復(面向6點鐘)

7&8 Left Step forward, Right Lock/step forward & behind L, Left Step forward 左足前踏, 右足於左足後鎖踏, 左足前踏

第六段 Rock, Recover, Hitch, Turn Lunge, Rock, Recover, Crossing Triple

1-2 Right Rock/step forward, Left Recover/step back [in place]
右足前下沉, 左足回復

3-4 Hitch right knee with slight lift, Turn 1/4 R with Right large Step side R (9:00) 右膝略抬, 右轉90度右足右一大步(面向9點鐘)

Note: Count 4: R knee bends, L leg straight; in a “side lunge” position \第4拍彎膝, 左足往側伸直

5-6 Left Rock/step side L, Right Recover/step side R [in place]
左足左下沉, 右足回復

7&8 Left Step across front of R, Right Step side R, Left Step across front of R 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第七段 Step, Drag, Syncopated Rock/Recover/Back, 1/8 Turn, Side, Across, Side, Across

1-2 Right large Step forward diagonal R (10:30), Left drag to R (weight on R) 右足右斜角前一大步(面向10:30), 左足拖併(重心在右足)

3&4 Left Rock/step forward diagonal R, Right Recover/step back [in place], Left Step back diagonal 左足右斜角前踏, 右足回復, 左足斜角後踏

5-6 Turn 1/8 R with Right Step side R (12:00), Left Step across front of R 右轉45度右足右踏(面向12點鐘), 左足於右足前交叉踏

7-8 Right Step side R, Left Step across front of R
右足右踏, 左足於右足前交叉踏

Styling: Swing R arm to R side & Snap fingers on “5” and “7”, Swing R arm across body to L side on “6” and “8”
第5拍及第7拍, 右手繞到右並彈指, 第6拍及第8拍, 右手由身體前繞至左

第八段 Turn, Turn, Back Coaster, Touch,Hold, & Walk, Walk

1-2 Turn 1/4 R with Right Step forward (3:00), Turn 1/2 R with Left Step back (9:00)
右轉90度右足前踏(面向3點鐘), 右轉180度左足後踏(面向9點鐘)

3&4 Right Step back, Left Step back & beside R, Right Step forward
右足後踏, 左足併踏, 右足前踏

5-6 Left Touch forward, Hold 左足前點, 候

&7-8 Left Step beside R, Right Step forward, Left Step forward
左足併踏, 右足前踏, 左足前踏

BRIDGE: Turn Touch X4; 8 Counts: OCCURS at the END of wall 2 (facing 6 o’clock wall)
第二面牆結束（面向6點鐘）時, 跳轉踏點4次

1-2 Turn 1/4 L with Right Step back & crossed behind L, Left Touch beside R (3:00) 左轉90度右足於左足後交叉踏, 左足併點(面向3點鐘)

3-4 Turn 1/4 L with Left Step forward, Right Touch beside L (12:00)
左轉90度左足前踏, 右足併點(面向12點鐘)

5-6 Turn 1/4 L with Right Step back & crossed behind L, Left Touch beside R (9:00) 左轉90度右足於左足後交叉踏, 左足併點(面向9點鐘)

7-8 Turn 1/4 L with Left Step forward, Right Touch beside L (6:00)
左轉90度左足前踏, 右足併點(面向6點鐘)