Spill The Beans (zh)

拍數: 48 **牆數:** 4 **級數:** Intermediate

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音樂: I Heard It Through the Grapevine - Craig David : (CD: Signed, Sealed, Delivered)

前奏： Introduction: 32 Counts - CCW Rotation

第一段 **Side, Behind, &-Across-Touch, &-Across-Touch, L Scissor**

1,2 LEFT Step side L; RIGHT Step crossed behind L
左足左踏, 右足於左足後交叉踏

&34 LEFT Step side L; RIGHT Step across front of L; LEFT Toe/Touch beside R (L knee 'tucked in')
左足左踏, 右足於左足前交叉踏, 左足趾併點(左膝彎)

&56 LEFT Step back diagonal L; RIGHT Step across front of L; LEFT Toe/Touch beside R (L knee 'tucked in')
左足左後踏, 右足於左足前交叉踏, 左足趾併點(左膝)

7&8 LEFT Step side L; RIGHT Step beside L; LEFT Step across front of R (L Scissor) 左足左踏, 右足併踏, 左足於右足前交叉踏(剪刀步)

第二段 **Turn, Back, Triple Back, &-Touch-Forward, Turn-Back-Touch**

1,2 Turn 1/4 L with RIGHT Step back & crossed behind L; LEFT Step back (9 o'clock) 左轉90度右足於左足後交叉踏, 左足後踏(面向9點鐘)

3&4 RIGHT 'Locking' Triple back (R back, L back & across front of R, R back) 右後鎖步(右足後踏, 左足於右足前交叉踏, 右足後踏)

&56 LEFT Step back; RIGHT Toe/Touch in front of L; RIGHT Step forward
左足後踏, 右足趾於左足前點, 右足前踏

7&8 Turn 1/2 R with LEFT Step back; RIGHT Step back; LEFT Toe/Touch in front of R (3 o'clock)
右轉180度左足後踏, 右足後踏, 左足趾於右足前點(面向3點鐘)

第三段 **Forward, Forward, Forward-&-Back, &-Touch-Hold: Repeat**

1,2 LEFT Step forward; RIGHT Step forward
左足前踏, 右足前踏

3&4 LEFT Rock/Step forward, RIGHT Recover/Step back, LEFT Step back
左足前下沉, 右足回復, 左足後踏

&56 RIGHT Step back; LEFT Toe/Touch side L; HOLD
右足後踏, 左足趾左點, 候

&78 LEFT Step beside R; RIGHT Toe/Touch R; HOLD
左足併踏, 右足趾右點, 候

第四段 **&-Turn-Forward, Back, Turn, Across, Side, Behind, Turn**

&12 RIGHT Step beside L; Turn 1/4 L with LEFT Step forward; RIGHT Rock/Step forward (12 o'clock)
右足併踏, 左轉90度左足前踏, 右足前下沉(面向12點鐘)

3,4 LEFT Recover/Step back; Turn 1/4 R with RIGHT Step side R (3 o'clock) 左足後踏, 右轉90度右足右踏(面向3點鐘)

5,6 LEFT Step across front of R; RIGHT Step side R
左足於右足前交叉踏, 右足右踏

7,8 LEFT Step crossed behind R; Turn 1/4 R with RIGHT Step forward (6 o'clock) 左足於右足後交叉踏, 右轉90度右足前踏(面向6點鐘)

第五段 **Kick-&-Touch, Kick-&-Touch, Press, Slide, Hold, Heel Drop/Pop Up**

1&2 LEFT Kick forward, LEFT Step back diagonal L, RIGHT Toe/Touch beside L (face diagonal L)
左足前踢, 左足左斜後踏, 右足趾併點(面向左斜角)

3&4 RIGHT Kick forward, RIGHT Step back diagonal R, LEFT Toe/Touch beside R (face diagonal R)
右足前踢, 右足斜後踏, 左足趾併點(面向右斜角)

5,6 LEFT Toe/Ball Press forward diagonal L [face 6 o'clock] ; LEFT Slide/Drag to R
左足左斜角前壓踏(面向6點鐘), 左足拖併

7,8 HOLD; LEFT Drop Heel / RIGHT Heel ‘pop up’ (R heel lifts up, R toe/ball remains on floor, R knee ‘tucked in’)
候, 左足踏右足踵彈(右足踵抬, 右足趾踏, 右膝彎)

Option: Execute a two count ‘slow’ LEFT Slide/Drag (6,7) eliminate the ‘HOLD’以6,7拍做慢的左足拖併動作, 省略掉候的動作

第六段 Forward, Forward, Forward-&-Back, &-Touch-Hold, Turn-Touch-Hold

1,2 RIGHT Step forward, LEFT Step forward
右足前踏, 左足前踏

3&4 RIGHT Rock/Step forward, LEFT Recover/Step back, RIGHT Step back
右足前下沉, 左足回復, 右足後踏

&56 LEFT Step beside R, RIGHT Toe/Touch side R, HOLD
左足併踏, 右足趾右點, 候

&78 Turn 1/4 R with RIGHT Step beside L, LEFT Toe/Touch side L, HOLD (9 o’clock) 右轉90度右足併踏, 右足趾左點, 候(面向9點鐘)

ENDING: You will end facing front wall on last count of Sec VI.
結束: 會跳到第六段最後面向前面牆做結束