50 Ways (50種告別式) (zh)

拍數: 64 **牆數:** 4 **級數:** Intermediate
編舞者: Pat Stott (UK) - 2012年07月
音樂: 50 Ways to Say Goodbye - Train : (CD: California 37)

32 count intro
32 拍後起跳

第一段□Weave right, chasse, back rock, recover
右藤步, 右追步, 後下沉 回復

1–4	Step right to right, cross left behind right, step right to right, cross left over right 右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
5&6	Step right to right, close left to right, step right to right 右足右踏, 左足併踏, 右足右踏
7–8	Rock back on left, recover onto right 左足後下沉, 右足回復

第二段□Vine left with ½ turn left, scuff, chasse, back rock, recover
左180轉華倫帶擦踢, 右追步, 後下沉 回復

1–4	Step left to left, cross right behind left, turn ¼ left stepping forward of left, pivot ¼ turn on left and scuff right next to left 左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏, 左軸轉90度右足擦踢
5&6	Step right to right, close left to right, step right to right 右足右踏, 左足併踏, 右足右踏
7–8	Rock back on left, recover onto right 左足後下沉, 右足回復

第三段□Rocking chair, step, ½ turn right & hook, shuffle forward
搖椅步, 踏 轉帶勾, 前交換

1–4	Rock forward on left, recover onto right, rock back on left, recover onto right 左足前下沉, 右足回復, 左足後下沉, 右足回復
5–6	Step forward on left, turn ½ turn right keeping weight on left and hook right in front of left 左足前踏, 右轉180度重心在左足右足於左足前勾
7&8	Step forward on right, close left to right, step forward on right 右足前踏, 左足併踏, 右足前踏

第四段□Rock forward, recover, coaster step, stomp, hold, close, stomp, tap
前下沉 回復, 海岸步, 重踏, 候, 併, 重踏, 點

1–2	Rock forward on left, recover onto right 左足前下沉, 右足回復

*** Restart during wall 3 (replace tap with stomp left next to right)**
第三面牆跳至此, 最後左足併點換成左足併重踏, 面向6點鐘從頭起跳

3&4	Step back on left, close right to left, step forward onto left 左足後踏, 右足併踏, 左足前踏
5–6	Stomp right to right, hold 右足右重踏, 候
& 7 8	Close left to right, stomp right to right, tap left next to right 左足併踏, 右足右重踏, 左足併點

第五段□Roll 1 ½ turns to left, rock back, recover, kick, ball, cross
左轉一圈半, 後下沉 回復, 踢 併 交叉

1–4 Turn ¼ to left and step forward on left, turn ½ to left and step back on right, turn ½ to left and step forward on left, turn ¼ left and step right to right
左轉90度左足前踏, 左轉180度右足後踏, 左轉180度左足前踏, 左轉90度右足右踏

5–6 Rock back on left, recover onto right
左足後下沉, 右足回復

7&8 Kick left to left diagonal, step on ball of left, cross right over left
左足左斜角踢, 左足踏, 右足於左足前交叉踏

第六段□Stomp, hold, close, stomp, tap, roll 1 ½ turns right
重踏 候, 併 重踏 點, 右轉一圈半

1–2 Stomp left to left, hold
左足左重踏, 候

& 3 4 Close right to left, stomp left to left, tap right next to left
右足併踏, 左足左重踏, 右足併點

5–8 Turn ¼ to right and step forward on right, turn ½ right and step back on left, turn ½ right and step forward on right, turn ¼ right and step left to left
右轉90度右足前踏, 右轉180度左足後踏, 右轉180度右足前踏, 右轉90度左足左踏

第七段□Rock back, recover, rock forward, recover, behind, side, cross shuffle
後下沉 回復, 前下沉 回復, 後 側, 交叉交換

1–4 Rock right behind left, recover onto left, rock diagonally forward on right, recover onto left
右足於左足後下沉, 左足回復, 右足斜角前下沉, 左足回復

5–6 Cross right behind left, step left to left
右足於左足後交叉踏, 左足左踏

7&8 Cross right over left, step left to left on ball of foot, 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

第八段□Side, recover, sailor ¼ turn left, step, ½ pivot left, walk, walk
側下沉 回復, 左90轉水手, 踏 轉, 走 走

1–2 Rock left to left, recover onto right
左足左下沉, 右足回復

3&4 Cross left behind right, turn ¼ left stepping onto right, step left in place
左足於右足後交叉踏, 左轉90度右足踏, 左足踏

5–6 Step forward on right, pivot ½ left transferring weight to left
右足前踏, 左軸轉180度

7–8 Walk forward on right, walk forward on left
前走-右, 左

Tag end of wall 1 (3 0’clock), wall 4 (9 0’clock), wall 6 dance the tag TWICE (3 0’clock)
第一面牆(3點鐘), 第四面牆(9點鐘), 第六面牆(3點鐘)跳兩次加拍

1&2 Stomp right across left, recover onto left, step right to right
右足於左足前交叉重踏, 左足回復, 右足右踏

3&4 Stomp left across right, recover onto right, step left to left
左足於右足前交叉重踏, 右足回復, 左足左踏

5&6 Stomp right across left, recover onto left, step right to right
右足於左足前交叉重踏, 左足回復, 右足右踏

7-8 Stomp left next to right, hold and clap hands
左足併重踏, 候(拍手)