Don't Wait Up (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Joyce Nicholas (MY) - 2011年01月
Music: Don't Wait Up - Diane Birch : (CD: Bible Belt)

前奏： Count in: Dance begins on vocals 唱歌起跳

第一段 Chasse R, Rock Back, Recover, Step, Hold, & Step, Touch

1&2 Step R to right, Step L beside right, Step R to right
右足右踏, 左足併踏, 右足右踏

3-4 Rock back on L, Recover on R 左足後下沉, 右足回復

5-6 Step L to left, Hold 左足左踏, 候

&78 Step R beside L, Step L to left, Touch R beside left 12.00
右足併踏, 左足左踏, 右足併踏(面向12點鐘)

第二段 Cross Rock, Recover, Chasse, Cross Rock, Recover, Chasse ¼ Turn L

1-2 Cross rock R over left, Recover on L
右足於左足前交叉下沉, 左足回復

3&4 Step R to right, Step L beside R, Step R to right
右足右踏, 左足併踏, 右足右踏

5-6 Cross rock L over right, Recover on R
左足於右足前交叉下沉, 右足回復

7&8 Step L to left, Step R beside L, Turning ¼ left, Step L fwd 9.00
左足左踏, 右足併踏, 左轉90度左足前踏(面向9點鐘)

第三段 Shuffle Fwd R & L, Pivot ½ L, Stomp, Clap

1&2 Step R fwd, Step L beside right, Step R fwd
右足前踏, 左足併踏, 右足前踏

3&4 Step L fwd, Step R beside left, Step L fwd
左足前踏, 右足併踏, 左足前踏

5-6 Step R fwd, Pivot ½ L 右足前踏, 左軸轉180度

7-8 Stomp R beside left, Clap (weight on left) 3.00
右足併重踏, 拍手(重心在左足)(面向3點鐘)

第四段 Repeat 17-24 9.00 重覆第三段 (面向9點鐘)

第五段 Jazz Box, Jazz Box ¼ Turn R

1-2 Cross R over left, Step back on L
右足於左足前交叉踏, 左足後踏

3-4 Step R to right, Step L beside right 右足右踏, 左足併踏

5-6 Cross R over left, Step back on L 右足於左足前交叉踏, 左足後踏

7-8 Step R ¼ turn right, Step L beside right 12.00
右轉90度右足踏, 左足併踏(面向12點鐘)

第六段 Rock Back Recover, Fwd Shuffle, Rock Fwd Recover, ½ Triple Turn Left

1-2 Rock back on R, Recover on L 右足後下沉, 左足回復

3&4 Step R fwd, Step L beside right, Step R fwd
右足前踏, 左足併踏, 右足前踏

5-6 Rock L fwd, Recover on R 左足前下沉, 右足回復

7&8 Execute triple step while turning ½ left (LRL) 6.00
左180度三步轉-左, 右, 左(面向6點鐘)

RESTART: On Wall 2, dance up to 48 counts - you will begin wall 3 facing 9.00
第二面牆跳至此, 面向9點鐘, 從頭起跳第三面牆

第七段 Rock Back, Fwd Shuffle, Rock Fwd, Recover, ¼ L Side Shuffle

1-2 Rock back on R, Recover on L 右足後下沉, 左足回復

3-4 Shuffle R fwd RLR 前交換-右, 左, 右

5-6 Rock fwd on L, Recover on R 左足前下沉, 右足回復

7&8 Turning ¼ left, Side shuffle LRL 3.00
左90度左追步-左, 右, 左(面向3點鐘)

第八段 Heel Ball Cross, Side Rock, Cross Shuffle, StepTouch

1&2 Dig R heel slightly fwd to right diagonal, Step down on R, Cross L over right 右足踵右斜角略前踏, 右足踏, 左足於右足前交叉踏

3-4 Rock R to right, Recover onto left 右足右下沉, 左足回復

5&6 Cross R over left, Step L to left, Cross R over left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

7-8 Step L to left, Touch R beside left 3.00
左足左踏, 右足併點(面向3點鐘)

For a nice ENDING facing front: 6TH Wall (facing back) – You will end with count 32, replace the Stomp, clap with a Pivot ¼ left:
第六面牆(面向後面牆), 為面向前面牆做完美結束, 跳至第四段最後4拍時,改成下列舞步

29-30 Step R fwd, Pivot ½ L 右足前踏, 左軸轉180度

31-32 Step R fwd, Pivot ¼ L 右足前踏, 左軸轉90度