The Flood (驚濤駭浪) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Val O'Connor (UK) - 2011年01月
Music: The Flood - Take That

前奏： Intro: 64 Counts From when Robbie starts singing - Start on the words " Back Then, we were like cavemen" (32 secs) 從開始唱歌64拍後開始起跳

第一段 R Out In Out, Behind & Cross, L Out In Out, Sailor ¼ Left
右點-併點-右點, 後 旁 前, 左點-併點-左點, 左1/4轉水手

1&2 (Weight on left)Point right toe to right side, touch it next to left, point right to right side
(重心在左足)右足趾右點, 右足併點, 右足右點

3&4 Cross right behind left, step left to left side, cross step right over left. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5&6 Point left to left side, touch it next to right, point left to left side. 左足左點, 左足併點, 左足左點

7&8 Cross left behind right, turn ¼ left stepping right to right side, step left to left side. (9 o'clock)
左足於右足後交叉踏, 左轉90度右足右踏, 左足左踏(面向9點鐘)

第二段 Step R Forward, ½ Left, R Shuffle, Full R Turn, L Forward Mambo
踏 轉, 前交換, 轉 轉 前曼波

1-2 Step forward right, pivot ½ turn left stepping forward on left.
右足前踏, 左軸轉180度左足前踏

3&4 Step forward right, step left next to right, step forward on right.
右足前踏, 左足併踏, 右足前踏

5-6 Turn ½ right stepping back on left, turn ½ right stepping forward on right. 右轉180度左足後踏, 右轉180度右足前踏

7&8 Rock forward on left, recover weight on right, step slightly back on left. (3 o'clock) 左足前下沉, 右足回復, 左足略後踏(面向3點鐘)

第三段 Back R Point L, & Point Right ½ R, Point L & R, Hitch Ball Cross
後 點-併-點 轉, 點-併-點 抬-踏-交叉

1-2 Step back on right, point left toe to left side.
右足後踏, 左足趾左點

&3-4 (&) Step left next to right, Point right toe to right side, turn ½ right stepping right next to left.
左足併踏, 右足趾右點, 右轉180度右足併踏

5&6 Point left to left side, (&) step left next to right, point right to right side. 左足左點, 左足併踏, 右足右點

7&8 Hitch right knee to right diagonal, (&) step down on right, cross step left over right. (9 o'clock)
面向右斜角右膝抬, 右足踏, 左足於右足前交叉踏(面向9點鐘)

第四段 R Side Rock, R Sailor, ¼ L Sailor, R Kick Out Out
右下沉 回復, 水手步, 左1/4水手步, 踢 外 外

1-2 Rock out to the right side on right, recover weight back on left.
右足右下沉, 左足回復

3&4 Cross right behind left, step left to left side, step right to right side. 右足於左足後交叉踏, 左足左踏, 右足右踏

5&6 Cross left behind right, turn ¼ left stepping right to right side, step left to left side. 左足於右足後交叉踏, 左轉90度右足右踏, 左足左踏

7&8 Kick right foot across left, step right out to right side, step left out to left side. (6 o'clock)
右足於左足前交叉踢, 右足右踏, 左足左踏(面向6點鐘)

第五段 Hitch R, R Chasse, Cross L ¼ R Back, L Chasse, R Cross Rock
抬, 右追步, 交叉 左1/4後, 左追步, 交叉下沉 回復

& Hitch right knee slightly 右膝略抬

1&2 Step right to right side, step left next to right, step right to right side. 右足右踏, 左足併踏, 右足右踏

3-4 Cross step left over right, turn ¼ left stepping back on right.
左足於右足前交叉踏, 左轉90度右足後踏

5&6 Step left to left side, step right next to left, step left to left side. 左足左踏, 右足併踏, 左足左踏

7-8 Cross rock right over left, recover weight on left. (3 o'clock)
右足於左足前交叉下沉, 左足回復(面向3點鐘)

第六段 R Cross Shuffle, ¼ Right Back, L Cross Shuffle, R Side Rock
交叉交換, 右1/4後 側, 交叉交換, 右下沉 回復

1&2 Cross right over left, step left to left side, 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

3-4 Turn ¼ right stepping back on left, step right to right side.
右轉90度左足後踏, 右足右踏

5& Cross left over right, step right to right side, cross left over right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

7-8 Rock right to right side, recover weight on left. (6 o'clock)
右足右下沉, 左足回復(面向6點鐘)

第七段 Extended Weave, L Side Rock, L Coaster ¼ Left
延伸藤步, 左下沉 回復, 左1/4海岸步

1&2& Cross right over left, step left to left side, cross right behind left, step left to left side.
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足左踏

3&4 Cross right over left, step left to left side, cross right behind left. 右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏

5-6 Rock left to left side, recover weight on right.
左足左下沉, 右足回復

7&8 Turn ¼ left stepping back on left, step right next to left, step forward on left. (3 o'clock)
左轉90度左足後踏, 右足併踏, 左足前踏(面向3點鐘)

第八段 Step R, ½ Left, R Shuffle, Full Turn, Kick Ball Touch
踏 轉, 前交換, 轉 轉, 踢 併 點

1-2 Step forward on right, turn ½ left stepping forward on left.
右足前踏, 左轉180度左足前踏

3&4 Step forward right, step left next to right, step right forward.
右足前踏, 左足併踏, 右足前踏

5-6 Turn ½ right stepping back on left, turn ½ right stepping forward on right. 右轉180度左足後踏, 右轉180度右足前踏

7&8 Kick left foot forward, step left next to right, touch right next to left. (9 o'clock) 左足前踢, 左足併踏, 右足併點(面向9點鐘)
