Dynamite (High到爆) (zh)

Count: 48 **Wall:** 2 **Level:** Intermediate
Choreographer: Robert Dangerfield (UK) - 2010年08月
Music: Dynamite - Taio Cruz

前奏： 16 count intro 16拍後起跳

第一段 Side Step, Together, Side Chasse, Cross Rock, Recover, Quarter Turn Shuffle 右踏 併踏, 右追步, 交叉下沉 回復, 左追步轉

1-2 Step right to right, step left next to right 右足右踏, 左足併踏

3&4 Step right to right, step left next to right, step right to right
右足右踏, 左足併踏, 右足右踏

5-6 Cross rock left over right, recover back onto right
左足於右足前交叉下沉, 右足回復

7&8 Step left to left, step right next to left, step left to left making a quarter turn left (9.00)
左足左踏, 右足併踏, 左足左踏左轉90度(面向9點鐘)

第二段 Cross Back Side Hold X2, Cross Back, Side Chasse
交叉 後 側 候 共二次, 交叉 後, 右追步

1&2& Cross step right over left, step left back, step right to right, hold
右足於左足前交叉踏, 左足後踏, 右足右踏, 候

3&4& Cross step left over right, step right back, step left to left, hold
左足於右足前交叉踏, 右足後踏, 左足左踏, 候

5-6 Cross step right over left, step left back
右足於左足前交叉踏, 左足後踏

7&8 Step right to right, step left next to right, step right to right
右足右踏, 左足併踏, 右足右踏

第三段 Step Half Turn, Heel Swivels, Unwind Half Turn, Heel Swivels
1/4 1/4, 踵旋轉, 交叉 繞半圈, 踵旋轉

1-2 Step left forward making a quarter turn left, step right forward making a quarter turn left (3.00)
左轉90度左足前踏, 左轉90度右足前踏 (面向3點鐘)

3&4 Move heels, right, left and back to the centre
移動雙足踵-右邊, 左邊, 回中間

5-6 Point right across left and unwind half a turn left (9.00)
右足於左足前交叉點, 左繞轉180度(面向9點鐘)

7&8 Move heels left, right and back to the centre
移動雙足踵-左邊, 右邊, 回中間

第四段 Forward Chasse, Step Half Turn, Full Turn, Forward Chasse
前交換, 踏 轉, 踏 轉圈, 前交換

1&2 Step right forward, step left next to right, step right forward
右足前踏, 左足併踏, 右足前踏

3-4 Step forward left making a half turn right, step forward right (3.00)
左足前踏右轉180度,右足前踏(面向3點鐘)

5-6 Step forward left, right making a full turn left (3.00)
左足前踏, 重心在右足左轉圈(面向3點鐘)

7&8 Step left forward, step right next to left, step left forward
左足前踏, 右足併踏, 左足前踏

第五段　Rock And Cross X2, Back Lock, Coaster
曼波交叉 二次, 後 鎖, 海岸步

1&2　Rock out right to right, recover left, step right across left
右足右下沉, 左足回復, 右足於左足前交叉踏

3&4　Rock out left to left, recover right, step left across right
左足左下沉, 右足回復, 左足於右足前交叉踏

5-6　Step right back, step back left locking left in front of right
右足後踏, 左足於右足前鎖踏

7&8　Step back right, step left next to right, step right forward
右足後踏, 左足併踏, 右足前踏

第六段　Cross Rock Recover, Side Rock Recover, Back Rock Recover, Heel Jack Recover, Cross Back Quarter Turn, Quick Weave
交叉下沉 回復 左下沉 回復 後下沉 回復 踵收, 交叉 後1/4, 藤步

1&2&　Cross rock left across right, recover back right, rock left out to left side, recover back right
左足於右足前交叉下沉, 右足回復, 左足左下沉, 右足回復

3&4&　Rock left back, recover onto right, show left heel to left diagonal, step down left　左足後下沉, 右足回復, 左足踵左斜角前點, 左足踏

5-6　Cross step right across left, step left back making a quarter turn right (6.00)　右足於左足前交叉踏, 左足後踏右轉90度(面向6點鐘)

7&8&　Step right to right, step left across, step right to right, step left behind right
右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏
