Pack Up (告別憂傷) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Craig Bennett (UK) - 2010年07月
Music: Pack Up - Eliza Doolittle

第一段 **Rock, Recover, Cross, Rock, Recover, Cross, Rock ¼ Turn**
右曼波交叉, 左曼波交叉, 右下沉 回復左1/4

1-3 Right side rock, Recover onto left, Cross right over left
右足右下沉, 左足回復, 右足於左足前交叉踏

4-6 Left side rock, Recover onto right, Cross left over right
左足左下沉, 右足回復, 左足於右足前交叉踏

7-8 Rock right to right side, recover onto left making a ¼ turn left (9.00)
右足右下沉, 左足回復左轉90度(面向90度)

第二段 **Right Strut, Left Strut, Step ½ Turn, Right Shuffle**
右趾轉, 左趾轉, 踏 轉, 右追步

1-2 Right toe touch forward, Place right heal down
右足趾前點, 右足踵踏

3-4 Left toe touch forward, Place left heal down
左足趾前點, 左足踵踏

5-6 Step forward onto right, make a ½ turn pivot left (3.00)
右足前踏, 左轉180度(面向3點鐘)

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

第三段 **Make ½, ¼, Left Cross Shuffle, Right Side Rock, Behind Cross**
右轉, 右1/4, 交叉交換, 右下沉 回復, 後交叉 左踏

1-2 Make a ½ turn right stepping back onto left, Make a ¼ turn right stepping right to right side (12.00)
右轉180度左足後踏, 右轉90度右足右踏(面向12點鐘)

3&4 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

5-6 Rock right to right side, recover onto left
右足右下沉, 左足回復

7-8 Cross right behind left, Step left to left side
右足於左足後交叉踏, 左足左踏

第四段 **Jazz Box Right, Making A ¼ Right (Over 8 Counts)**
爵士方塊右1/4(每拍帶候)

1-2 Cross right over left, Hold
右足於左足前交叉踏, 候

3-4 Step back onto left, Hold
左足後踏, 候

5-6 Make a ¼ turn right stepping forward onto right, Hold (3.00)
右轉90度右足前踏, 候(面向3點鐘)

7-8 Step left forward, Hold
左足前踏, 候

第五段　Right Shuffle Forward, Rock Forward, ½ Turn Shuffle, Step Right ½ Turn 前交換, 下沉 回復, 轉交換, 踏 轉

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

3-4　Rock forward onto left, Recover back onto right
左足前下沉, 右足回復

5&6　Step forward onto left making a ½ left, Close right to left, Step left foot forward (9.00)
左轉180度左足前踏, 右足併踏, 左足前踏(面向9點鐘)

7-8　Step forward onto right, Make a ½ turn left (3.00)
右足前踏, 左轉180度(面向3點鐘)

第六段　Right Vine, Cross, ¼ Monterey, Touch
右華倫帶交叉, 1/4蒙特瑞轉, 點

1-2　Step right to right side, Step left behind right
右足右踏, 左足於右足後踏

3-4　Step right to right side, Cross left over right
右足右踏, 左足於右足前交叉踏

5-6　Touch right to right side, Make ¼ turn right stepping right in place (6.00) 右足右點, 右轉90度右足踏(面向6點鐘)

7&8　Touch left to left side, Step left in place, Touch right to right side 左足左點, 左足踏, 右足右點

第七段　¼ Turn, Touch And Touch, Hitch, Right Jazz Box
右1/4, 點 收 點, 膝抬, 爵士方塊

1-2　Make ¼ turn right stepping right in place, Touch left to left side (9.00)
右轉90度右足踏, 左足左點(面向9點鐘)

&3,4　Step left next to right, touch right to right side, Hitch right knee up 左足併踏, 右足右點, 右膝抬

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

7-8　Step right to right side, Step left forward
右足右踏, 左足前踏

第八段　Side Rock Behind, Side Rock, Sailor ¼ Turn (Over 3 Counts)
右下沉 回復 後踏, 左下沉 回復, 3拍左1/4轉水手

1-3　Rock right to right side, Recover onto left, Step right behind left
右足右下沉, 左足回復, 右足於左足後踏

4-5　Rock left to left side, Recover onto right
左足左下沉, 右足回復

6-8　Step back on left making a ¼ turn left, Step right next to left, Step forward onto left (6.00)
左轉90度左足後踏, 右足併踏, 左足前踏(面向6點鐘)