Pop, Lock & Drop (魅力燃燒舞池) (zh)

Count: 64 **Wall:** 2 **Level:** Advanced
Choreographer: Shaz Walton (UK) - 2009年09月
Music: Fire Burning - Sean Kingston

前奏： Count in 48 Counts. 48拍後起跳

第一段 **Knee Pop. Hold. Pop. Pop. Heel Drop. Slide. ¼. Touch.**
膝彈, 候, 彈, 彈, 踵踏, 滑, 1/4, 點

1-2 Pop Right knee forward. Hold 右膝前彈, 候

3-4 Pop left knee forward. Pop right knee forward. (raise right up onto Ball of foot while popping knee)
左膝前彈, 右膝前彈(膝彎, 足趾踏地, 足踵抬起)

5-6 Using ball of right foot slide right towards left. Drop heel of right as you raise left leg to side. 右足滑向左足, 右足踏左足左略抬

7-8 Make ¼ right as you bring left up and step it forward. Touch right beside left. 右轉90度左足抬向前踏, 右足併點

第二段 **Side. Together. Side. Together. Side Steps X3. Step. ¼**
側, 併, 側, 併, 側踏三次, 側, 1/4

1-2 Step right to right. Step left beside right. 右足右踏, 左足併踏

3-4 Step right to right. Touch left beside right 右足右踏, 左足併點
(End this sequence facing slightly to the diagonal- funk up your arms!! Punch both arms forward - elbows bent on counts 1 & 3)
結束時略面向斜角, 第1拍及第3拍手肘彎曲雙拳前打

5&6 Making small steps- Step left to side. Step right beside left. Step left to left. 左足略左踏, 右足併踏, 左足左踏

&7 Step right beside left. Step left to left 右足併踏, 左足左踏

&8 Start to straighten as you step right beside left. Step left ¼ left (12 o clock) (arch your back- use your initiative with your arms)
右足併踏, 左轉90度左足踏(面向12點鐘)雙手向後弓

**** RESTART here facing the front on** 3rd wall******
第三面牆跳到此時面向12點鐘, 從頭起跳

第三段 **Step. Back Slide/ Kick. Touch. ½. ½. Crouch Kick.Step.Kick. Cross. Point. 踏, 後滑, 點, 1/2, 1/2, 曲膝踢, 踏, 踢, 交叉, 點**

1-2 Step right beside left as you push left leg back (sliding toe across floor) Touch left toe behind (Left leg straight out behind you)
右足併踏左足向後拉(以左足趾滑向後), 左足趾後點(左腿向後伸直)

3-4 Make ½ turn left dropping weight onto left. Make ½ turn left stepping right beside left. 左轉180度左足踏, 左轉180度右足併踏

5&6 Bending forward kick left forward. Step left beside right. Kick right forward. 右足略彎左足前踢, 左足併踏, 右足前踢
(Punch towards floor on each kick with arms either side of kicking leg踢的時候, 雙拳朝向地面)

7-8 Cross right over left. Touch left to left as you straighten up & pop right shoulder out to side.右足於左足前交叉踏, 左足左點肩膀向右擺

第四段 **Shoulder Pops L-R-L ¼ Lunge/Drag. Back. Shuffle ½. ¼ Side.**
擺動肩膀-左, 右, 左轉1/4曲膝, 拖, 後, 1/2轉交換, 1/4側

1-2 Pop left shoulder to left. Pop right shoulder to right. (Contract upper body) 肩膀向左擺, 肩膀向右擺

3-4 Pop left shoulder to left as you make ¼ left lunging forward on left. Drag right up behind. 肩膀向左擺並左轉90度左足前曲膝踏, 右足拖併

5-6&7 Step back on right. Make a shuffle ½ turn left stepping L-R-L
右足後踏, 左180度轉交換-左, 右, 左

8 Make ¼ left as you step right to right side.左轉90度右足右踏

第五段 **Angled Dip. Recover. Angled Dip. Recover. Back. Back. Coaster Step.**
轉蹲, 回復, 轉蹲, 回復, 後, 後, 海岸步

1-2 Turn body to face left diagonal as you dip back on left. Recover to centre stepping left to left side.
身體面向左斜角左足於右足後蹲點, 左足左踏

3-4 Turn body to face right diagonal as you dip back on right. Recover to centre stepping right beside left.
身體面向右斜角右足於左足後蹲點, 右足併踏

5-6 Walk back left. Walk back right.左足後走, 右足後走

7&8 Step back left. Step back right. Step forward left.
左足後踏, 右足後踏, 左足前踏

第六段 **Kick. Step. Rock. Recover. Kick. Ball. Step. Back ¼. Hop. Step Pivot ½. 踢, 踏, 下沉, 回復, 踢, 併, 踏, 後 1/4, 單腳踏, 踏轉**

1&2 Kick right forward. Step right beside left. Rock forward left.
右足前踢, 右足併踏, 左足前下沉

&3&4 Recover on right.Kick left forward. Step left beside right. Step right forward. (Stomp right forward. Angle body to left diagonal)
右足回復, 左足前踢, 左足併踏, 右足前踏(右足前重踏, 身體轉左斜角)

5-6 Step back on left as you hop slightly & hitch right knee. Step right down making ¼ right. 左足後踏右膝抬, 右轉90度右足踏

7-8 Step forward left. Pivot ½ turn right. 左足前踏, 右軸轉180度

第七段 **Side/Bump. Bump. Bump. ¼ Back. Lock. Back. Side. Touch.**
側推臀, 推臀, 推臀, 1/4後推臀, 鎖, 後, 側, 點

1-2 Step left to left as you bump hips left. Bump hips right.
左足左踏左推臀, 右推臀

3-4 Bump hips left. Bump hips back as you make ¼ left.
左推臀, 左轉90度後推臀重心在右足

5-6 Lock left over right. Step right back.
左足於右足前交叉鎖踏, 右足後踏

7-8 Step left to left. Touch right beside left.左足左踏, 右足併點

第八段 **Kick. Step. Stomp/Press. Kick. Step. Stomp/Press. Back/Hitch. Back/Hitch. Coaster Side.**
踢, 踏, 重踏/壓, 踢, 踏, 重踏/壓, 後/抬, 後/抬, 海岸側踏

1&2 Kick right forward. Step right beside left. Stomp/ Press left forward (Upper body angled to right diagonal)
右足前踢, 右足併踏, 左足前重踏(上半身轉向右斜角)
Keep weight light on left after stomp as you need your left leg next!
當左足重踏時, 重心輕輕放, 下一步還是左腳前踢的動作

3&4 Kick left forward. Step Left beside right. Stomp/ Press Right forward (Upper body angled to left diagonal)
左足前踢, 左足併踏, 右足前重踏(上半身轉向左斜角)

5-6 Step back on left as you hitch right slightly. Step back on right as you hitch left slightly.左足後踏右足略抬, 右足後踏左足略抬

7&8 Step back left. Step back right. Step left to left side.
左足後踏, 右足後踏, 左足左踏