Roll With The Wind (隨風而去) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Cato Larsen (NOR) - 2009年08月
Music: Roll with the Wind - Alexander Rybak : (CD: Fairytales 09)

前奏： Intro: Start the dance at vocals after 32 counts. (20 seconds).32拍後唱歌起跳(約20秒)

第一段	**Side Rock, Ball-Cross, Toe & Heel, Cross, 1/4 Pivot Turn, Shuffle 1/4 Turn. 側下沉, 併交叉, 趾踵, 交叉1/4, 1/4轉交換**
1,2 右下沉 回復	Step right to the right side (1), Rock (recover) back onto left (2). [12:00] 右足右下沉, 左足回復(面向12點鐘)
&3 併 交叉	Step right next to left (&), Cross left over right (3). 右足併踏, 左足於右足前交叉踏
&4 趾 踵	Touch right toe next to left foot (&), Touch right heel forward on a right diagonal (4).右足趾併點, 右足踵右斜前點
5,6 交叉 右90	Cross right over left (5). Pivot ¼ turn right by Stepping back on left foot (6). [3:00] 右足於左足前交叉踏, 右轉90度左足後踏(面向3點鐘)
7&8 90轉交換	Pivot ¼ turn right by Stepping forward on right foot (7). Step left next to right (&), Step forward on right (8).[6:00] 右轉90度右足前踏(面向6點鐘), 左足併踏, 右足前踏
第二段	**Step, 1/4 Turn & Cross, 1/4 Pivot Turn, 1/2 Pivot Turn Twice Into Coaster Step 1/4 Turn & Cross, 1/4 Pivot Turn Twice. 踏 1/4 交叉, 1/4, 1/2 1/2帶1/4海岸步, 1/4 1/4**
1&2 踏 90 交叉	Step forward on left (1), Pivot ¼ turn right (&), Cross left over right (2). [9:00] 左足前踏, 右軸轉90度, 左足於右足前交叉踏(面向9點鐘)
3, 4 左90 180	Pivot ¼ turn left Stepping back on right (3). [6:00] , Pivot ½ turn left Stepping forward on left (4). [12:00] 左轉90度右足後踏(面向6點鐘), 左轉180度左足前踏(面向12點鐘)
5&6 270海岸交叉	Pivot ½ turn left Stepping back on right (5), Step left next to right (&). [6:00], Pivot ¼ turn right Crossing right over left (6). [9:00] 左轉180度右足後踏, 左足併踏(面向6點鐘), 右轉90度右足於左足前交叉踏(面向9點鐘)
7, 8 90 90	Pivot ¼ turn right Stepping back on left (7). [12:00], Pivot ¼ turn right Stepping right to right side (8). [3:00] 右轉90度左足後踏(面向12點鐘), 右轉90度右足右踏(面向3點鐘)

RESTART:
Restart from here on wall 3 & 7 by Stepping left next to right on the next &-count.
第三面牆及第七面牆跳至此, 多一個&拍, 左足併踏, 從頭起跳

第三段	**Cross Rock, Side Rock, Cross Rock 1/4 Turn, Step, 1/4 Turn, Full Turn Pencil Spin. 交叉下沉, 側下沉, 交叉下沉轉1/4, 1/4, 轉圈**
1&2& 交叉下沉 回復 左下沉回復	Cross left over right (1), Rock (recover) back again onto right (&), Step left to left side (2), Rock (recover) back again onto 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 交叉曼波轉90	Cross left over right (3), Rock (recover) back again onto right (&), Pivot ¼ turn left Stepping forward on left (4). [12:00] 左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏(面向12點鐘)
5,6 踏 轉	Step forward on right (5), Pivot ½ turn left (6). [6:00] 右足前踏, 左軸轉180度(面向6點鐘)
7 左轉圈	Step right next to left and Spin full turn left on ball of both feet (7). [6:00] 右足併踏左轉圈(面向6點鐘)
8 踏	Step forward on left (8).左足前踏

第四段 **Mambo 1/4 Turn, Hitch & Out, Jump In-Out, Chugg 1/2 Turn.**
曼波轉1/4, 抬 外, 跳內外, 僵屍轉

1&2 曼波轉90 Step forward on right (1), Rock (recover) back onto left (&). [6:00], Pivot ¼ turn right Stepping right to right side (2). [9:00]
右足前下沉, 左足回復(面向6點鐘), 右轉90度右足右踏(面向9點鐘)

3&4 抬 外 左 Hitch left knee across of right leg (3), Ronde/Sweep left knee to left side (&), Step left out to left side (4)
左膝於右足前抬, 左膝繞向左, 左足左踏

&5 跳內外 Jump both feet together (&), Jump both feet out (5).
雙足併踏, 雙足分開

6-8 Chug Turn ½ turn left by "Chugging" on right foot (6,7,8). [3:00]
重心在右足, 以左足略抬以三次重併踏左轉180度(面向3點鐘)

Chugg: 僵屍跳 Fall heavily on right foot by placing your upper body over right foot. Lift and stomp right foot 3x and turn gradually while chugging.
重心在右足, 以左足略抬重併踏三次轉動

TAG: To be danced AFTER wall 1 & 4.
加拍：第一面牆及第四面牆結束時加2拍

Step, Hitch, 1/4 Turn & Cross.
踏, 抬, 1/4交叉

1& 踏 抬 Step right foot forward (1), Hitch left knee (&).
右足前踏, 左膝抬

2 左90交叉 Pivot ¼ turn left Crossing left over right (2).
左轉90度左足於右足前交叉踏
