Larger Than Life (搖擺狂潮) (zh)

Count: 48 **Wall:** 2 **Level:** Advanced
Choreographer: Simon Ward (AUS) - 2006年08月
Music: Larger Than Life - Backstreet Boys : (CD: Millenium)

第一段 **Walk Forward, Right, Left, Jumping Jacks At Angle, Shuffle Forward, Half Turn, Step 走 走, 斜角腳分合, 前交換, 踏 轉 踏**

1-2 Walk forward right, left 右足前走, 左足前走

3&4& Turning body to 45 degrees left, jump feet apart; turning body to center, jump feet at center;turning body at 45 degrees right, jump feet apart; facing front wall, hop left back to center,raising right foot off the ground
身體左轉45度雙腳分開, 身體轉正雙腳合併, 身體右轉45度雙腳分開, 面向前面牆左足後勾回踏, 右腳略離地

5&6 Shuffle forward right, left, right 前交換-右, 左, 右

7&8 Step left forward, pivot ½ turn right taking weight onto right, step left slightly forward 左足前踏, 右軸轉180度重心在右足, 左足略前踏

第二段 **Shuffle Forward, ½ Turn Right, Shuffle Backward, Ball Jack, Drop Right Heel, Step Back & Touch Right Heel**
前交換, 右轉, 後交換, 後 踵 收 併點 收, 後踏 踵點

1&2& Shuffle forward, right, left, right, make ½ turn right on right foot 前交換-右, 左, 右, 右轉180度(重心在右足)

3&4 Shuffle backward left, right, left 前交換-左, 右, 左

&5&6 Step right slightly back, touch left heel forward, step left down at center, touch right next to left (ball jack)
右足略後踏, 左足踵前點, 左足踏, 右足併點

7&8 Drop weight onto right bumping hip to right on same count, step slightly back on left, touch right heel forward
右足踏右推臀, 左足略後踏, 右足踵前點

第三段 **Together, Step Left, Brush Right, Slap Right Knee, Touch Right, Slap Boot, Step Right, Slap Left Knee, Step Left, Repeat**
併, 左, 刷, 拍膝, 點, 拍足, 右, 拍膝, 左 重覆

&1&2 Step right down at center, step left slightly forward, brush right heel forward, raise right knee and slap knee with right hand
右足踏, 左足略前踏, 右足踵前刷, 右膝抬右手拍膝

&3&4 Touch right heel forward, raise right foot out to right and slap outside of right foot with right hand, step slightly forward, raise left knee and slap with left hand
右足踵前點, 右足右抬右手拍右足, 右足略前踏, 左膝抬左手拍左膝

& Step down on left 左足踏

5&6& Brush right heel forward, raise right knee and slap knee with right hand, touch right heel forward, raise right foot out to right and slap outside of right foot with right hand
右足踵前刷, 右膝抬右手拍右膝, 右足踵前點, 右足右抬右手拍右足

7&8 Step right slightly forward, raise left knee and slap left knee with left hand, step down on left 右足略前踏, 左膝抬左手拍左膝, 左足踏

第四段 **Step Right, ¼ Turn Left, Cross Shuffle, Rock Step Left, Recover, Twist Heels Right-Left-Right,Making ¼ Turn To Right**
踏 1/4, 交叉交換, 交叉曼波, 右 踵向右 踵向左並右轉1/4

1-2 Step right forward, pivot ¼ turn left, taking weight on left
右足前踏, 左軸轉90度重心在左足

3&4 Cross/step right over left, step left to left, cross/step 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

5&6 Rock left to left, rock/return right to center, cross/step left over right 左足左下沉, 右足回復, 左足於右足前交叉踏

7&8 Step right to right, twist heels to right, twist heels to left making a ¼ turn right (weight finishes on right)
右足右踏, 雙足踵轉向右, 雙足踵轉向左並右轉90度(重心在右足)

第五段 **Step Left, Pivot ½ Turn Right, Bump Hips Left-Right-Left; Turn ½ Left, Bump Hips Right-Left-Right; Turn ½ Left, Triple Step Forward**
踏 轉, 推臀, 轉, 推臀, 轉, 前三步

1-2 Step left forward, pivot ½ turn right taking weight onto right
左足前踏, 右軸轉180度重心在右足

3&4 Step left forward bumping hips left, right, left (forward, back, forward) 左足前踏推臀-左, 右, 左(也可以前, 後, 前)

&5&6 Turn a ½ turn left on left foot, step right back bumping hips right, left, right (back, forward, back)
左轉180度重心在左足, 右足後踏推臀-右, 左, 右(也可以後, 前, 後)

&7&8 Turn a ½ turn left on right foot, triple step forward left, right, left 左轉180度重心在右足, 前三步-左, 右, 左

On 2nd wall **, leave out the last 8 counts. After count 40, start dance again going forward. (facing front wall)** 第二面牆跳至此, 會面向前面牆, 從頭起跳

第六段 Step, Turn ½ Left, Triple Step, Chugs Forward 踏 轉, 前三步, 僵屍步

1-2 Step right forward, pivot ½ turn left taking weight onto left
右足前踏, 左軸轉180度重心在左足

3&4 Triple step forward right, left, right 前三步-右, 左, 右

5&6&7& Touch left heel forward, slightly slide right toward left, repeat 2 more times 左足踵前點, 右足略滑左足, 再重覆做兩次

8 Step left foot forward, turn ½ turn right on left foot to restart dance (this turn happens on count 1 of dance)
左足前踏, 右轉180度接續第1拍右足前踏

5TH WALL **FUN:**
Now you are going to kill me, but it is really cool so give it a try. This is where the music changes. You will go into the dance like you normally would. (You should be facing the front wall)
跳至第五面牆時, 音樂會改變, 這時面向前面牆, 做下列動作

1-8 Step right forward, extend arms out and up slowly for 8 counts (fists closed) 右足前踏, 雙手握拳以8拍慢慢向外往上抬

1-8 Step left forward, with arms extended out slowly bring them down for 8 counts (hands open up)
左足前踏, 雙手不握拳以8拍慢慢向外往下放

1-8 Step right to right and extend arms out and up slowly for 8 counts (fists closed) 右足右踏, 雙手握拳以8拍慢慢向外往上抬

1-4 With arms extended out, slowly bring them down for 4 counts (hands open up) 雙手不握拳以8拍慢慢向外往下放

1-8 Tap both heels on the spot for 8 counts -- arms by sides
雙足踵原地點8拍-雙手放旁邊

1-4 Walk forward right, left, right, pivot ½ turn left taking weight onto left and punching right arm up
前走步-右, 左, 右, 左軸轉180度重心在左足, 右手上推
