Locked & Loaded (枕戈待旦)) (zh)

Count: 0 **Wall:** 0 **Level:** Intermediate/Advanced

Choreographer: Rita Archer (USA) - 2010年10月

Music: Locked and Loaded - Miko Marks

前奏： Start dancing on lyrics 唱歌起跳

Section A A部份

第一段 Right Toe/Heel Extended Grapevine
以趾踵步呈現藤步

1-2 Step right toe side right, drop right heel
右足趾右踏, 右足踵踏

3-4 Cross left toe behind right, drop left heel
左足趾於右足後交叉踏, 左足踵踏

5-6 Step right toe side right, drop right heel
右足趾右踏, 右足踵踏

7-8 Cross left toe over right, drop left heel
左足趾於右足前交叉踏, 左足踵踏

第二段 Point Cross Twice, Kick Kick Sailor
點 交叉 共二次, 踢 踢 水手步

1-2 Point right toe side right, cross right over left
右足趾右點, 右足於左足前交叉踏

3-4 Point left toe side left, cross left over right
左足趾左點, 左足於右足前交叉踏

5-6 Kick right forward, kick right to side
右足前踢, 右足右踢

7&8 Hook right behind left, step left to side, step right to side
右足於左足後勾, 左足左踏, 右足右踏

第三段 Left Toe/Heel Extended Grapevine
以趾踵步呈現藤步

1-2 Step left toe side left, drop left heel
左足趾左踏, 左足踵踏

3-4 Cross right toe behind left, drop right heel
右足趾於左足後交叉踏, 右足踵踏

5-6 Step left toe side left, drop left heel
左足踵左踏, 左足踵踏

7-8 Cross right toe over left, drop right heel
右足趾於左足前交叉踏, 右足踵踏

第四段 Point Cross Twice, Kick Kick Sailor
左點 後交叉, 右點 後交叉, 前踢 左踢, 水手步

1-2 Point left toe side left, cross left behind right
左足趾左點, 左足於右足後交叉踏

3-4 Point right toe side right, cross right behind left
右足趾右點, 右足於左足後交叉踏

5-6 Kick left forward, kick left to side
左足前踢, 左足左踢

7&8 Hook left behind right, step right to side, step left to side
左足於右足後勾踏, 右足右踏, 左足左踏

第五段 Left ½ Turn Twice Right Grapevine Stomp
踏 轉, 踏 轉, 藤步帶重踏

1-2 Step right forward, turn ½ left (weight to left)
右足前踏, 左轉180度(重心在左足)

3-4 Step right forward, turn ½ left (weight to left)
右足前踏, 左轉180度(重心在左足)

5-6 Step right to side, cross left behind right
右足右踏, 左足於右足後交叉踏

7-8 Step right to side, stomp left together
右足右踏, 左足併重踏

第六段 Right ½ Turn Twice Left Grapevine Stomp
踏 轉, 踏 轉, 藤步併重踏

1-2 Step left forward, turn ½ right (weight to right)
左足前踏, 右轉180度(重心在右足)

3-4 Step left forward, turn ½ right (weight to right)
左足前踏, 右轉180度(重心在右足)

5-6 Step left to side, cross right behind left
左足左踏, 右足於左足後交叉踏

7-8 Step left to side, stomp right together
左足左踏, 右足併重踏

第七段 Right Step Tuck & Clap X4 踏 滑後(拍手) 四次

49 Step right forward (traveling at 45 degrees angle to the right)
右足前踏(面向右斜角)

50 Slide left behind right & clap (transferring weight to left)
左足滑至右足後踏(拍手)重心在左足

3-4 Repeat above (49-50) 重覆49-50

5-6 Repeat above (49-50) 重覆49-50

7 Step right forward (traveling at 45 degrees angle to the right)
右足前踏(面向右斜角)

8 Slide left behind right & clap (keep weight on right)
左足滑至右足後踏(拍手)重心在左足

第八段 Step Touch With Full Right Turn (Traveling Back)
踏 點 轉圈(向後移)

1-2 Step left back, turn 1/3 right & touch right together
左足後踏, 右轉120度右足併點

3-4 Step right forward, turn 1/3 right & touch left together
右足前踏, 右轉120度左足併點

5-6 Step left forward, turn 1/3 right & touch right together
左足前踏, 右轉120度右足

7-8 Step right to side, touch left together
右足右踏, 左足併踏

第九段 Left Step Tuck & Clap X4 踏 後滑踏(拍手) 四次

1 Step left forward (traveling at 45 degrees angle to the right)
左足前踏(面向右斜角)

2 Slide right behind left & clap (transferring weight to right)
右足滑至左足後踏(拍手)重心在右足

3-4 Repeat above (65-66) 重覆 65-66

5-6 Repeat above (65-66) 重覆 65-66

第十段 Left Back Cross Back Twice, Step Touch Twice
後鎖步 二次, 側踏 併點 二次

1&2 Step right back, cross left over right, step right back
右足後踏, 左足於右足前交叉踏, 右足後踏

3&4 Step left back, cross right over left, step left back
左足後踏, 右足於左足前交叉踏, 左足後踏

5-6 Step right to side, touch left together
右足右踏, 左足併點

7-8 Step left to side, touch right together
左足左踏, 右足併點

第十一段 Right Shuffle Forward & Full Turning Shuffle
前交換, 踏 轉 轉交換, 後 併

1&2 Chassé forward right, left, right
前交換-右, 左, 右

3-4 Step left forward, turn ½ right (weight to right)
左足前踏, 右轉180度重心在右足

5&6 Shuffle turning ½ right (left, right, left)
右180度轉交換-左, 右, 左

7-8 Step right back, step left together
右足後踏, 左足併踏

第十二段 Right Side Shuffle Rock Recover, Left Shuffle Step Touch
右追步, 交叉下沉 回復, 左追步, 併踏 併點

1&2 Right side right, left together, right side right
右足右踏, 左足併踏, 右足右踏

3-4 Cross/rock left over right, recover to right
左足於右足前交叉下沉, 右足回復

5&6 Left side left, right together, left side left
左足左踏, 右足併踏, 左足左踏

7-8 Step right together, touch left together
右足併踏, 左足併點

第十三段 Left Side Point Together, Right Side Point Together, Left Monterey
左點 併踏, 右點 併踏, 蒙特瑞轉

1-2 Point left toe side left, step left together
左足趾左點, 左足併踏

3-4 Point right toe side right, step right together
右足趾右點, 右足併踏

5-6 Point left toe side left, turn ½ left sweeping left together
左足趾左點, 左轉180度左足繞併踏

7-8 Point right toe side right, step right together
右足趾右點, 右足併踏

第十四段 Left Side Point Together, Right Monterey, Freeze Hold
左點 併踏, 蒙特瑞轉, 候

1-2 Point left toe side left, step left together
左足趾左點, 左足併踏

3-4 Point right toe side right, turn ½ right sweeping right together
右足趾右點, 右轉180度右足繞併踏

5-6 Stomp left slightly forward, hold 左足略前重踏, 候

7-8 Hold, hold 候 候

TAG 1 第一個加拍

Free Style Wiggle/Dance, Right Toe Points
自由舞動, 趾前, 右, 後 併點

1-4 Free style wiggles/dance 自由舞動

5-6 Touch right forward, right toe side right
右足趾前點, 右足趾右點

7-8 Touch right back, touch right together
右足趾後點, 右足併點

TAG 2 第二個加拍

Free Style Wiggle/Dance 自由舞動

1-8 Free style wiggle/dance 自由舞動
