Zone Out (無樂不作) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Malene Jakobsen (DK) - 2010年07月
Music: Club Can't Handle Me (feat. David Guetta) - Flo Rida

前奏： 32 counts from the beginning beat, 15 sec. into track - dance begins with weight on L 32拍(約15秒)後起跳

第一段	**Out, Out, R Heel Swivel, L Heel Swivel, Together, Back, Together, Side 大 大, 右踵旋轉, 左踵旋轉, 併 後 併 左**
1-2	(1) Step diagonally out on R, (2) step diagonally out on L [12.00] 右足右斜前踏, 左足左斜前踏(面向12點鐘)
&3&4	(&) Swivel R heel inwards, (3) swivel back, (&) swivel L heel inwards, (4) swivel back – weight on L [12.00] 右足踵向內旋轉, 向後旋轉, 左足踵向內旋轉, 向後旋轉重心在左足(面向12點鐘)
5-8	(5) Step R next to L, (6) step back on L, (7) step R next to L, (8) step L to L side [12.00] 右足併踏, 左足後踏, 右足併踏, 左足左踏(12點鐘)
第二段	**Together, Clap Bum, Clap Thighs, Clap Hands, Forward Jump Thrust, Jump Back, Hip Bumps 併, 拍臀, 拍腿, 拍手, 前踏, 後跳, 推臀**
1-2	(1) Step R next to L, (2) clap your bum with both hands [12.00] 右足併踏, 雙手拍臀部(面向12點鐘)
3-4	(3) Clap your thighs with both hands, (4) clap hands [12.00] 雙手拍大腿, 拍手(面向12點鐘)
5	(5) Jump forward [12.00] 往前跳(面向12點鐘)
Arms: 手勢	As you jump forward thrust hips forward pushing arms down along side of your body 前跳時, 前推臀雙手在身體旁放下
6	(6) jump back – weight on R and ball of L touched next to R [12.00] 向後跳重心在右足左足併點(面向12點鐘)
ARMS: 手勢	As you jump back, tighten fists and place arms across your stomach L fist on top of R fist 後跳時, 握緊雙拳交叉在肚子, 左拳在右拳上
&7&8	(&7&8) Bump hips L, R, L, R - always keeping weight on R [12.00] 推臀-左, 右, 左, 右, 重心一直維持在右足(面向12點鐘)
Arms: 手勢	Roll your hands around each other anticlockwise as you do the hip bumps – just like what is done in first verse of the children song “The wheels on the bus go round and round” 推臀時雙手逆時針轉動, 好像唱兒歌「公車輪子」那樣雙手轉動
第三段	**Shuffle Back, ½ Shuffle, Step Turn Step, Touch** **後交換, 轉交換, 踏 轉 踏 點**
1&2	(1) Step back on L, (&) step R next to L, (2) step back on L [12.00] 左足後踏, 右足併踏, 左足後踏(面向12點鐘)
3&4	(3) Turn ½ R stepping forward on R, (&) step L next to R, (4) step forward on R [6.00] 右轉180度 右足前踏, 左足併踏, 右足前踏(面向6點鐘)
5-6	(5) Step forward on L, (6) turn ½ R [12.00] 左足前踏, 右轉180度(面向12點鐘)
7-8	(7) Step forward on L, (8) touch R next to L [12.00] 左足前踏, 右足併點(面向12點鐘)

第四段　Side, Together, Chasse, Syncopated Vine With Cross, Side
右, 併, 右追步, 變奏華倫帶交叉, 左

1-2　(1) Step R to R side, (2) step L next to R [12.00]
右足右踏, 左足併踏(面向12點鐘)

3&4　(3) Step R to R side, (&) step L next to R, (4) step R to R side [12.00]
右足右踏, 左足併踏, 右足右踏(面向12點鐘)

5-6　(5) Step L to L side, (6) cross R behind L [12.00]
左足左踏, 右足於左足後交叉踏(面向12點鐘)

&78　(&) Step L to L side, (7) cross R over L, (8) step L to L side [12.00]
左足左踏, 右足於左足前交叉踏, 左足左踏(面向12點鐘)

第五段　Back Rock, ¼ Shuffle, Ball Side, Cross, Back, ¼
後下沉, 1/4轉交換, 併 右, 交叉, 後, 左1/4

1-2　(1) Rock back on R, (2) recover onto L [12.00]
右足後下沉, 左足回復(面向12點鐘)

3&4　(3) Turn ¼ L stepping R to R side, (&) step L next to R, (4) step R to R side [9.00]　左轉90度右足右踏, 左足併踏, 右足右踏(面向9點鐘)

&5　(&) Step L next to R, (5) step R to R side [9.00]
左足併踏, 右足右踏(面向9點鐘)

Note:　On counts 3&4&5, you'll be changing places – back against back with your co-dancer　3&4&5拍雙方會換位子, 背對背舞動

6-8　(6) Cross L over R, (7) Step back on R, (8) turn ¼ L stepping slightly forward on L [6.00]
左足於右足前交叉踏, 右足後踏, 左轉90度略前踏(面向6點鐘)

Note:　On count 7 – it 's important that you do take a step back., it'll make you face your co-dancer again
第7拍右足後踏, 會重新面對對方

第六段　Heel Switches, Ball, Step Turn, Heel Switches, Ball, Step Turn
踵收踵收, 踏 轉, 踵收踵收, 踏 轉

1&2&　(1) Touch R heel forward, (&) step R next to L, (2) touch L heel forward, (&) step L next to R [6.00]
右足踵前點, 右足併踏, 左足踵前點, 左足併踏(面向6點鐘)

3-4　(3) Step forward on R, (4) turn ½ L [12.00]
右足前踏, 左轉180度(面向12點鐘)

5&6&　(5) Touch R heel forward, (&) step R next to L, (6) touch L heel forward, (&) step L next to R [12.00]
右足踵前點, 右足併踏, 左足踵前點, 左足併踏(面向12點鐘)

7-8　(7) Step forward on R, (8) turn ½ L [6.00]
右足前踏, 左轉180度(面向6點鐘)

第七段　Touch Steps With Hips, Clap Twice, Clap Thighs, Shoulder Pops
點帶推臀, 拍手二次, 拍大腿, 抖肩

1&2　(1) Touch R toes forward pushing hips diagonally forward, (&) bring hips back, (2) step down on R [6.00]
右足趾前點斜角推臀, 後推臀, 右足踏(面向6點鐘)

3&4　(3) Touch L toes forward pushing hips diagonally forward, (&) bring hips back, (4) step down on L [6.00]
左足趾前點斜角推臀, 後推臀, 左足踏(面向6點鐘)

5&6　(5&) Raise both hands to clap the person's opposite you twice, (6) clap both hands on your thighs [6.00]
雙手與對方拍兩次, 雙手拍大腿(面向6點鐘)

7&8 (7) Raise R shoulder, (&) raise L shoulder dropping R shoulder, (8) raise R shoulder dropping L shoulder [6.00]
抬右肩, 抬左肩, 抬右肩(面向6點鐘)

第八段 Shuffle Back, Back Mambo Step, Point, Together, Point, Together
後交換, 後曼波, 點 併, 點 併

1&2 (1) Step back on R, (&) step L next to R, (2) step back on R [6.00]
右足後踏, 左足併踏, 右足後踏(面向6點鐘)

3&4 (3) Rock back on L, (&) recover onto R, (4) step L next to R [6.00]
左足後下沉, 右足回復, 左足併踏(面向6點鐘)

5-6 (5) Point R to R, (6) step R next to L [6.00]
右足右點, 右足併踏(面向6點鐘)

7-8 (7) Point L to L, (8) step L next to R [6.00]
左足左點, 左足併踏(面向6點鐘)
