Eight Second Ride (我心狂野) (zh)

Count: 32 **Wall:** 2 **Level:** Improver
Choreographer: Barry Amato (USA) & Dari Anne Amato (USA)
Music: Eight Second Ride - Jake Owen : (RCA Records)

前奏： Intro: 32 Counts 32拍後起跳

第一段	**STEP,¼ HITCH, COASTER STEP, STEP,¼ TURN, CROSS, STEP SIDE,½ TURN, CROSS 踏, 抬, 海岸步, 踏, 1/4, 交叉, 側, 轉, 交叉**
1-2	Step to the R on the R foot (1). 1/4 turn L as you hitch L leg up (2). 右足右踏, 左轉90度左足抬
3&4	Step back on L foot (3). Step R foot back next to L (&). Step forward on the L foot (4). 左足後踏, 右足併踏, 左足前踏
5&6	Step forward on R foot (5). ¼ turn L and with L foot taking weight (&). Cross R foot over L (6). 右足前踏, 左轉90度重心在左足, 右足於左足前交叉踏
7&8	Step L on L foot (7). Pivoting on ball of L, open ½ turn and step down on R foot (&). Cross the L foot over the R (8). 左足左踏, 左軸轉180度右足踏, 左足於右足前交叉踏
第二段	**TOE, HEEL, CROSS, SLIDE, STOMP-UP2X, ¼ TURN, ½ TURN, STEP BACK 2X,¼ TURN 趾 踵 交叉 滑 抬重踵二次, 1/4, 1/2, 後走二次, 1/4**
1&2	Tap the R toe in (1). Tap the R heel out (&). Cross the R foot over L (2). 右足趾向內點, 右足踵向外點, 右足於左足交叉踏
3&4	Slide to the L on the L foot (3). Keeping weight on L, do 2 stomp-ups with the R graduating in toward the L foot (&). 左足左滑踏, 重心在左足右足抬重踏兩次
5-6	¼ turn to the R, stepping on the R foot (5). Pivoting on the R foot, continue to turn ½ turn R with L foot taking weight after turn (6). 右轉90度右足踏, 右軸轉180度重心在左足
7&8	Walk back on R-L (7&). Open a ¼ turn R stepping out on the R foot (8) *Weight ends up on both feet. 後走-右, 左, 右轉90度右足踏(重心在雙足)
第三段	**HIP BUMP LEFT 2X, HIP BUMP RIGHT, HIP BUMP LEFT/HITCH, SHUFFLE FORWARD, CHASE TURN 左推臀二次, 右推臀, 左推臀帶抬, 前交換, 踏轉踏**
1-2	Bump left hip to L 2x. 左推臀二次
3-4	Bump right hip to R (3). Bump left hip to L and hitch R foot to left knee (4). 右推臀, 左推臀右膝抬
5&6	Step forward on the R foot (5). Lock L foot behind R (&). Step forward on the R foot (6). 右足前踏, 左足於右足後鎖踏, 右足前踏
7&8	Step forward on the L foot (7). ½ turn pivot to the R with R foot taking weight (&). Step forward on the L foot (8). 左足前踏, 右軸轉重心在右足, 左足前踏
第四段	**HEEL, STEP, STEP TOGETHER, HEEL, STEP, STEP TOGETHER, MODIFIED JAZZ BOX WITH HIP PUSH 踵 踏 併, 踵 踏 併, 爵士方塊帶推臀**
1&2	Tap the R heel forward (1). Step down on the R foot (&). Step L foot up to meet R (2). 右足踵前點, 右足踏, 左足併踏
3&4	Repeat 1 &2. 重覆1&2的動作
5-8	Cross R foot over L (5). Step back on L foot (6). Step to the R on R foot as you push R hip to R side (7). Step to the L on L foot as you push L hip to L side (8). 右足於左足前交叉踏, 左足後踏, 右足右踏右推臀, 左足左踏左推臀

You will dance the pattern 7 times through. When you start the 7th wall (front wall), you omit the last 16 counts. The music slows down and you follow the lyrics as you do the following:
當跳到第七面牆(面向前面)時, 不要跳最後16拍, 音樂會慢下來, 照著歌詞跳下面的舞步
Sway left - on the word “hold”
Sway right – on the word “wilder”
Sway left - on the word “eight”
Hip circle counter clockwise - on the word “ride”
Then start pattern again after the downbeat of the drums.
Dance first 16 counts of dance and then turn to the right stepping R-L and slide to R on R for the ending.
唱到 hold 左擺臀 wilder 右擺臀 eight 左擺臀 ride 逆時針轉臀
然後鼓聲會再響起, 從頭再起跳16拍後, 加跳 三步右轉圈-右, 左, 右足右滑步結束
