# Carry Out (帶出場) (zh)

**Count:** 48 **Wall:** 2 **Level:** Intermediate
**Choreographer:** Jamie Marshall (USA) - 2010年03月
**Music:** Carry Out (feat. Justin Timberlake) - Timbaland

前奏： Intro: 64 counts (29 secs) Start on Main Vocals (Total Song Duration 3m 42s)

**第一段 Press, R Swivet, Center, Press, L Swivet, Center, Coaster Step, Kick, Step, Step 壓, 右旋轉, 轉回, 壓, 左旋轉, 轉回, 海岸步, 踢 踏 踏**

1&2 Press R forward (1), Swivel R toe to R, L heel to L (&), Return to center, taking weight on R (2) 右足前壓踏, 右足趾轉向右, 轉回重心在右足

3&4 Press L forward (3), Swivel L toe to L , R heel to R (&), Return to center, leaving weight on R (4)
左足前壓踏, 左足趾轉向左, 轉回重心在右足

5&6 Step L back (5), Step R next to L (&), Step L forward (6)
左足後踏, 右足併踏, 左足前踏

7&8 Kick R forward (7), Step R next to L (&), Step L forward (small step forward) (8) (12:00) 右足前踢, 右足併踏, 左足略前踏(面向12點鐘)

**第二段 Knee Pops, Turning ¼ R, Sailor Step, Weave 彈膝右1/4, 水手步, 藤步**

&9 Begin ¼ turn to R, raising heels as popping knees out (&), Drop heels (9) 右轉雙足踵抬彈膝, 雙足踵踏
extend R arm as move hand down and up, like riding a motorcycle (for fun) 右手伸出像在騎摩托車

&10 Repeat 同&9

&11 Repeat 同&9

&12 Repeat 同&9
(completing the ¼ turn to R (weight on L) (12) (3:00)
四次同樣動作剛好右轉90度(重心在左足)(面向3點鐘)

*Option: Keeping legs stiff, do robot turn, sliding feet on floor to make turn.)
雙腿保持僵硬, 像機器人雙腳在地板上滑著轉動

13&14 Cross R behind L (13), Step L to L (&), Step R to R (14)
右足於左足後交叉踏, 左足左踏, 右足右踏

15&16 Cross L behind R (15), Step R to R (&), Cross L over R (16) (3:00)
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向3點鐘)

**第三段 Point R To R, Turn ¼ R, Extending L Toe Back, Heel, Heel, Press, Hold, Press, Hold 右足右點, 右1/4, 左趾後, 踵收踵收, 壓, 候, 壓, 候**

17&18 Lower upper body, as point R to R (17), Turn ¼ R, stepping R next to L (&), Extend L toe back (18) (6:00)
身體略彎右足右點, 右轉90度右足併踏, 左足趾後點(面向6點鐘)

19& Raising upper body, extend L heel forward (19), Step L next to R (&)
站直左足踵前點, 左足併踏

20& Extend R heel forward (20), Step R next to L (&)
右足踵前點, 右足併踏

21,22 Slightly bending forward, press L forward (21), Hold (22)
左足前壓踏略彎, 候

&23,24 Step L next to R (&) Press R forward (23), Hold (24)
左足併踏, 右足壓踏, 候

& Step R next to L (&) (6:00) 右足併踏(面向6點鐘)

**第四段　Rock, Recover, ½ Turning Triple, ½ Turning Triple, Coaster Step**
**下沉 回復, 小三步轉, 小三步轉, 海岸步**

25,26　Rock L forward (25), Recover onto R (26)  左足前下沉, 右足回復

27&28　Turning ½ L, step L forward (27), Step R next to L (&), Step L forward (28) (12:00)  左轉180度左足前踏, 右足併踏, 左足前踏(面向12點鐘)

29&30　Turning ½ L, step R back (29), Step L next to R (&), Step R back (30)
左轉180度右足後踏, 左足併踏, 右足後踏

31&32　Step L back (31), Step R next to L (&), Step L forward (32)
左足後踏, 右足併踏, 左足前踏

**第五段　Out, Out, In, In, Touch Back, Turn ½ R, Kick, Step, Touch (Dance on first 4 walls only) 大 大 小 小, 後點 右轉, 踢 踏 點(這一段只跳帶前四面牆)**

33,34　Step R out to R (33), Step L out to l (34)  右足右踏, 左足左踏

35,36　Step R in to center (35), Step L in next to R (36)
右足回踏, 左足併踏

37,38　Touch R toe back (37), Pivot ½ R, taking weight on R (38)
右足趾後點, 右軸轉180度重心在右足

39&40　Kick L forward (39), Step L next to R (&), Touch R next to L (40)
左足前踢, 左足併踏, 右足併點

Styling:　On Walls #1 & #3, please Kick, Step, Touch, with pelvic thrusts.
第一面牆及第三面牆最後踢, 踏, 點要帶推臀

**第六段　Out, Out, In, In, Touch Back, Turn ½ R, Kick, Step, Touch (Dance on first 4 walls only) 大 大 小 小, 後點 右轉, 踢 踏 點(這一段只跳帶前四面牆)**

41,42　Step R out to R (41), Step L out to l (42)  右足右踏, 左足左踏

43,44　Step R in to center (43), Step L in next to R (44)
右足回踏, 左足併踏

45,46　Touch R toe back (45), Pivot ½ R, taking weight on R (46)
右足趾後點, 右軸轉180度重心在右足

47&48　Kick L forward (47), Step L next to R (&), Touch R next to L (48)
左足前踢, 左足併踏, 右足併點

Styling:　On Walls #1 & #3, please Kick, Step, Touch, with pelvic thrusts.
第一面牆及第三面牆最後踢, 踏, 點要帶推臀