Coming Home (回家囉) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Guyton Mundy (USA) & Paul McAdam (UK) - 2010年07月
Music: Mama, I'm Coming Home - Ozzy Osbourne

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

第一段 **Side, Behind, Cross, Diagonal Back, 1½ Turn, ¼ Turn Rocks, Ball Cross 旁, 後, 交叉, 後斜角, 轉 轉 轉, 左1/4右下沉 回復, 併 交叉**

1,2&3 side step left to left, step right behind left, cross left over right, step back on right on the diagonal to the back right “Back to the 4:30 wall”
左足左踏, 右足於左足後踏, 左足於右足前交叉踏, 右足於右斜角後踏(背向4:30)

4&5 make a ½ turn to left stepping forward on left, make a ½ turn to the left stepping back right, make a half turn to left stepping forward on left 左轉180度左足前踏, 左轉180度右足後踏, 左轉180度左足前踏

6-7 make a ¼ turn to left rocking right to right side, recover on left
左轉90度右足右下沉, 左足回復

&8& sway to right, bring left into right, cross right over left
右擺臀, 左足併踏, 右足於左足前交叉踏

第二段 **¼ Turn, Step Fw, 7/8 Turning Sweep, Cross Rock/Recover Side, Behind, Cross, ¼ Turn, ½ Turn Steps Together**
1/4, 踏, 7/8繞轉, 交叉下沉 回復 左踏, 後 交叉 右1/4, 併 轉

1-2 make a ¼ turn to left stepping forward on left, step forward on right “on the diagonal to the 10:30 wall”
左轉90度左足前踏, 右足斜角前踏(面向10:30)

3,4&5 make a 7/8 sweeping turn to the right, cross rock left over right, recover on right, side step left to left (facing 9:00)
右繞轉7/8, 左足於右足前交叉下沉, 右足回復, 左足左踏(面向9點鐘)

6&7 step right behind left, cross left over right, step back on right while making a ¼ turn to left
右足於左足後踏, 左足於右足前交叉踏, 右轉90度右足後踏

8& step together with left, step in place with right while making a half turn to the left (facing 12:00) 左足併踏, 左轉180度(面向12點鐘)

第三段 **Back With Sweeps X3, ¼ Sailor, ¼ Weave, ¼ Rock/Recover Back Rock**
後帶繞三次, 1/4水手, 1/4藤步, 1/4下沉 回復 後下沉

1-3 step back on left as you sweep right back, step back on right as you sweep left back, step back on left as you sweep right back
左足後踏右足後繞, 右足後踏左足後繞, 左足後踏右足後繞

4&5 step right behind left, step left for left side, step forward on right as you make a ¼ turn to left
右足於左足後踏, 左足左踏, 左轉90度右足前踏

6&7 step left behind right, step right behind left, step forward on left as you make a ¼ turn to left
左足於右足後踏, 右足於左足後踏, 左轉90度左足前踏

8&1 rock forward on right as you make a ¼ turn to left, recover on left, rock back on right 左轉90度右足前下沉, 左足回復, 右足後下沉

第四段 **Recover, Step Fw, ½Turn, Full Turn, Mambo Behind, Side Cross**
回復, 踏 轉-轉-轉, 下沉-回復-後踏, 左踏-交叉

2-3 recover on left, step forward on right 左足回復, 右足前踏

4&5 make ½ turn left stepping forward on left, make ½ turn left stepping back on right, make ½ turn left stepping forward on left
左轉180度左足前踏, 左轉180度右足後踏, 左轉180度左足前踏

6&7 rock forward on right, recover on left, step right behind left
右足前下沉, 左足回復, 右足於左足後踏

8& step left to left side, cross right over left.
左足左踏, 右足於左足前交叉踏

1st RESTART: you will be on the 6 O'clock wall. You will do the first 16 counts of the dance. Instead of stepping back on the left and sweeping right back you will restart the dance on the back wall stepping left to left side. Call this wall 3 again!!!!
第一面牆第一個減拍: 面向6點鐘, 跳前面16拍, 原第7拍改成右足後繞, 第8拍右足後踏, 接續第1拍左足左踏, 第三面牆, 也做這樣的減拍

TAG: You will be on the 4th wall and you will finish on count 28 (stop with the left foot in front of right in a rock)
加拍：結束28拍的減拍, 面向第四面牆時(停在左足於右足前下沉)

第一段

Back With Sweepsx3, ¼ Turn, Back, ¼ Turn, ½ Turn, Pop Knees Arm Up, Snake Arm, Pop Armx2
後繞三次, 1/4, 後, 1/4, 1/2, 膝彈舉手, 蛇行手, 擺手二次

1-3	step back on right as you sweep left back, step back on left as you sweep right back, step back on right as you sweep left back 右足後踏左足後繞, 左足後踏右足後繞, 右足後踏左足後繞
4&5	step left behind right as you make a ¼ turn to left, step back on right, step left to left side as you make a ¼ turn to left 左轉90度左足於右足後踏, 右足後踏, 左踏90度左足左踏
6&	make a ½ turn to left stepping right to right side, pop both knees inward as you break frame and bring right arm up in front of chest bent at elbow with palm down (arm should be more towards the right outside of your body, your hand should be center of chest) 左轉180度右足右踏, 雙膝轉向內 (右手在胸前, 手肘彎曲, 手掌向下, 手臂在身體的右邊, 手在胸前)
a7	snake your arm up and then down to the left 手臂舉起以蛇行方式推向左
&8	pop right arm back to right slightly, pop right arm to right a little more 右手向右斜後方搖擺, 右手擺向右方

第二段

Pop Shoulders, ½ Turn, Step Side, ½ Turn, Coaster, Step Fw
搖擺肩膀, 1/2, 左踏, 1/2, 海岸步, 踏

1e&2	alternate shoulder pops left, right, left, right, as you press down on ball of left foot, leaning to left side 搖擺肩膀-左, 右, 左, 右(左足壓踏, 身體傾向左)
3-4	press off of left foot as you make a ½ turn to left, step left to left side 左轉180度左足離地, 左足左踏
5	make a ½ turn to left stepping right to right, 左轉180度右足右踏
6&7	step back on left, step together with right, step diagonally forward to left on left 左足後踏, 右足併踏, 左足斜角前踏
8	step forward on right……..You will be on the front wall. Restart dance!!! 右足前踏(面向前面牆, 從頭起跳)

2nd RESTART: You will have just restarted the dance after the tag on the front wall, you will do up to count 28 but leave weight on right , then restart the dance on the 9 O'clock wall.
第二個減拍：在Tag之後面向前面牆時, 跳至第28拍重心在右足時, 面向9點鐘從頭起跳

3rd RESTART: you will have started on the back wall after your restart on the 9 O'clock wall, you will do the first 13 counts, instead of (6&7step right behind left, cross left over right, step back on right while making a ¼ turn to left) make ¼ turn left stepping right to right (count 14), touch left to right (&), then restart the dance on the front wall…..Have fun!!!!!!!!!!!!!!
第三個減拍：面向後面牆開始起跳, 跳至第13拍面向9點鐘,接下來原6&7拍 (右足於左足後踏, 左足於右足前交叉踏, 左轉90度右足後踏)改成左轉90度右足右踏, 左足併點後面向前面牆從頭起跳