Chasing A Thrill (激動不已) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Sadiah Heggernes (NOR/UK) - 2009年04月
Music: Chasing A Thrill - Jeanette : (CD: Undress To The Beat)

前奏： 32 Count Intro – Start on main vocals

第一段 Ball Cross, Hold, Rock & Cross, Step ¼ Turn, Side, Cross Shuffle
踏交叉, 候, 下沉交叉, 踏轉1/4, 側, 交叉交換

&1-2 Step right to right side. Cross left over right. Hold
右足右踏, 左足於右足前交叉踏, 候

3&4 Rock right to right side. Rock weight back on left. Cross right over left 右足右下沉, 左足後回復, 右足於左足前交叉踏

5-6 ¼ turn right stepping back on left. Step right to right side [3:00] 右轉90度左足後踏, 右足右踏(面向3點鐘)

7&8 Cross left over right. Small step with right to right side. Cross left over right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第二段 Ball Cross, Hold, Rock & Cross, Step ¼ Turn, Side, Cross Shuffle
踏交叉, 候, 下沉交叉, 踏轉1/4, 側, 交叉交換

&1-2 Step right to right side. Cross left over right. Hold
右足右踏, 左足於右足前交叉踏, 候

3&4 Rock right to right side. Rock weight back on left. Cross right over left 右足右下沉, 左足後回復, 右足於左足前交叉踏

5-6 ¼ turn right stepping back on left. Step right to right side [6:00] 右轉90度左足後踏, 右足右踏(面向6點鐘)

7&8 Cross left over right. Small step with right to right side. Cross left over right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第三段 Side Rock, Rock Back, ¼ Pivot, Shuffle
側下沉, 後下沉, 轉1/4, 交換步

1-2 Rock right to right side. Rock weight back onto left
右足右下沉, 左足後回復

3-4 Rock back on right. Rock forward on left
右足後下沉, 左足前回復

5-6 Step forward on right. ¼ pivot left (weight on left) [3:00]
右足前踏, 左轉90度重心在左足(面向3點鐘)

7&8 Step forward on right.. Close left beside right. Step forward on right 右足前踏, 左足併踏, 右足前踏

第四段 Heel Switches, Hold, Touch, ¼ Turn, Cross, Touch
踵交換, 候, 點, 轉1/4, 交叉, 點

1& Touch left heel forward. Step left beside right
左足踵前點, 左足併踏

2& Touch right heel forward. Step right beside left
右足踵前點, 右足併踏

3-4 Touch left heel forward. Hold 左足踵前點, 候

5-6 Touch left behind right. ¼ pivot left keeping weight on left [12:00] 左足於右足後點, 左轉90度重心在左足(面向12點鐘)

7-8 Cross right over left. Step left to left side
右足於左足前交叉踏, 左足左踏

第五段 & Cross, Hold, Step, Heel, Hold, Kick Ball Step x2
&交叉, 候, 踏, 踵, 候, 踢交換步二次

&1-2 Small step back on left. Cross right over left. Hold
左足後踏, 右足於左足前交叉踏, 候

&3-4 ¼ turn right stepping back on left. Touch right heel forward [3:00] 右轉90度左足後踏, 右足踵前點(面向3點鐘)

5&6 Kick right forward. Step down on right. Step forward on left
右足前踏, 右足踏, 左足前踏

7&8 Kick right forward. Step down on right. Step forward on left
右足前踢, 右足踏, 左足前踏

第六段 Step, Heel Bounce ½ Turn, Monterey ¼ Turn, Step
踏, 踵彈轉1/2, 蒙特瑞轉1/4, 踏

1 Step forward on right 右足前踏

2-4 Bounce both heels ½ turn left (weight stays on left) [9:00]
雙足踵以3拍左彈轉180度(重心在左足)(面向9點鐘)

5-6 Point right to right side. ¼ turn right on ball of left. Step right beside left [12:00]
右足右點, 右轉90度重心在左足, 右足併踏(面向12點鐘)

7&8 Touch left to left side. Step left beside right. Step forward on right 左足左點, 左足併踏, 右足前踏

第七段 Step, Pivot, Side, Behind Side Cross, Side, Together, Forward
踏, 轉, 側, 後側交叉, 側, 併, 前

1-2 Step forward on left. Pivot ½ turn right [6.00]
左足前踏, 右轉180度(面向6點鐘)

3 Step left to left side 左足左踏

4&5 Cross right behind left. Small step left to left side. Cross right over left 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

6-8 Step left to left side. Close right beside left. Step left forward 左足左踏, 右足併踏, 左足前踏

第八段 Side, Behind, Chasse, Cross, Back, Out, Out, Hold
側, 後, 追步, 交叉, 後, 外, 外, 候

1-2 Step right to right side. Cross left behind right
右足右踏, 左足於右足後交叉踏

3&4 Step right to right side. Close left beside right. Step right to right side 右足右踏, 左足併踏, 右足右踏

5-6 Cross left over right. Step back on right
左足於右足前交叉踏, 右足後踏

&7-8 Step out on left to left side. Step out on right to right side. Hold (weight stays on left) [6:00]
左足左踏, 右足右踏, 候(重心在左足)(面向6點鐘)