Can't Get Involved (不能介入) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Neville Fitzgerald (UK) & Julie Harris (UK) - 2009年08月
Music: Get Involved (feat. Timbaland) - Ginuwine

前奏： Starts on First 'Singing' Vocal.. (52 Counts)

第一段 **Funky Paddle 1/2 Turn, Out, Out, Coaster Cross, 1/4 Turn.**
Funky划槳轉1/2, 外, 外, 海岸交叉, 1/4

1-3 With weight on Right make 1/6 turn to Right as you touch Left 'flat sole', with weight on Right make 1/6 turn to Right as you touch Left 'flat sole', with weight on Right make 1/6 turn to Right stepping Left to Left side. (1-3 make 1/2 turn to Right in paddle motion but with flat feet & slight bend to knees.. Shake your shoulders as you turn… funky)
重心在右足右轉60度左足點, 重心在右足右轉60度左足點, 重心在右足右轉60度左足踏
(1-3拍以划槳步方式右轉180度, 但是腳不伸直, 膝略彎曲, 擺動肩膀)

4-5 Step forward & out on Right, step forward & out on Left.
右足右斜前踏, 左足左斜前踏

6&7 Step back on Right, step Left next to Right, cross step Right over Left. 右足後踏, 左足併踏, 右足於左足前交叉踏

8 Make 1/4 turn to Right stepping back on Left.
右轉90度左足後踏

第二段 **Shuffle 1/2 , Cross, 1/8 , 1/8 , Side, Sailor 3/4 Cross.**
轉交換, 交叉, 1/8, 1/8, 旁, 轉3/4水手交叉

1&2 Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, 1/4 turn Right stepping forward Right.
右轉90度右足右踏, 左足併踏, 右轉90度右足前踏

3-4 Cross step Left heel over Right, make 1/8 turn Left stepping back on Right. (Stick your bum/butt/ass/posterior out)
左足踵於右足前交叉踏, 左轉45度右足後踏

5-6 Make 1/8 turn Left stepping forward on Left, step Right to Right side.
左轉45度左足前踏, 右足右踏

7&8 Make 1/4 turn Left stepping Left behind Right, 1/4 turn Left stepping Right next to Left, make 1/4 turn to Left as you Cross Left over Right.
左轉90度左足於右足後踏, 左轉90度右足併踏, 左轉90度左足於右足前交叉踏

第三段 **Rock & Cross, Side, Drag & Step, 1/2 , 1/2 , Back.**
下沉 & 交叉, 側, 拖 & 踏, 1/2 1/2 後

1&2 Rock to Right side on Right, recover on Left, cross step Right over Left. 右足右下沉, 左足回復, 右足於左足前交叉踏

3-4& Step Left a large step to Left, drag Right to Left, step Right next to Left. 左足左一大步, 右足拖併, 右足併踏

5-6 Step forward on Left, pivot 1/2 turn to Right.
左足前踏, 右軸轉180度

7-8 Make 1/2 turn to Right stepping back on Left, step back on Right.
右轉180度左足後踏, 右足後踏

第四段 **Cross, Back & Cross, 1/4 , Coaster Step, Walk, Walk.**
交叉, 後 & 交叉, 1/4, 海岸步, 走, 走

1-2 Cross/lock Left over Right, step back on Right.
左足於右足前交叉鎖踏, 右足後踏

&3-4 Step Left to Left side, cross step Right over Left, make 1/4 turn to Right stepping back on Left.
左足左踏, 右足於左足前交叉踏, 右轉90度左足後踏

5&6 Step back on Right, step Left next to Right, step forward on Left.
右足後踏, 左足併踏, 左足前踏

7-8 Walk forward Left-Right. 左足前走, 右足前走

RESTARTS: Wall 2 & Wall 4… Dance Up To & Including Count 32.. Then Restart Dance From Beginning. 第二面牆及第四面牆跳至此, 從頭起跳

第五段 **Syncopated Jazz Box 1/4 , Sailor 1/4 , Step Bounce, Bounce, Step Bounce, Bounce. 變奏爵士方塊轉1/4, 水手轉1/4, 跳 彈 彈, 跳 彈 彈**

1&2 Cross step Left over Right, make 1/4 turn Left stepping back on Right, step Left to Left side.
左足於右足前交叉踏, 左轉90度右足後踏, 左足左踏

3&4	Cross step Right behind Left, make 1/4 turn Left stepping forward Left, step forward on Right. 右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏
5&6	Step Left forward and across Right as you drop slightly, straighten up, drop slightly again. (knees bend & feet stay flat) 左足於右足前交叉踏略蹲, 伸直, 略蹲(雙膝彎曲)
7&8	Step Right forward and across Left as you drop slightly, straighten up, drop slightly again. (knees bend & feet stay flat) 右足於左足前交叉踏略蹲, 伸直, 略蹲(雙膝彎曲)

第六段 **Syncopated Jazz Box 1/4 , Sailor 1/4 , Jazz Box Cross.**
變奏爵士方塊轉1/4, 水手轉1/4, 爵士方塊交叉

1&2	Cross step Left over Right, make 1/4 turn Left stepping back on Right, step Left to Left side. 左足於右足前交叉踏, 左轉90度右足後踏, 左足左踏
3&4	Cross step Right behind Left, make 1/4 turn Left stepping forward Left, step forward on Right. 右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏
5-8	Cross step Left over Right, step back on Right, step Left to Left side, cross step Right over Left. 左足於右足前交叉踏, 右足後踏, 左足左踏, 右足於左足前交叉踏

第七段 **Side, Behind & Side, Behind, Cross, 1/4, Step.**
側, 後 & 側, 後, 交叉, 1/4, 踏

1-2	Step Left to Left side, cross step Right behind Left. 左足左踏, 右足於左足後交叉踏
&3-4	Step Left to Left side, step Right to Right side, cross step Left behind Right. 左足左踏, 右足右踏, 左足於右足後交叉踏
5-6	Step Right to Right side, cross step Left over Right. 右足右踏, 左足於右足前交叉踏
7-8	Make 1/4 turn to Right stepping forward on Right, step forward Left. 右轉90度右足前踏, 左足前踏

第八段 **Mambo Step, Cross, 3/8 Turn, Rock Step, Back, 3/8 Turn.**
曼波, 交叉, 3/8, 下沉回復, 後, 3/8

1&2	Rock forward on Right, recover Left, step back on Right. 右足前下沉, 左足回復, 右足後踏
3-4	Cross/lock Left over Right, make 3/8 turn to Right stepping forward on Right. (1.30) 左足於右足前交叉鎖踏, 右轉135度右足前踏(面向1:30)
5-6	Rock forward on Left, recover on Right. 左足前下沉, 右足回復
7-8	Step back on Left, make 3/8 turn to Right stepping forward Right. (6.00) 左足後踏, 右轉135度右足前踏(面向6點鐘)
