Box It Up! (不能說的秘密) (zh)

Count: 32 **Wall:** 4 **Level:** Intermediate
Choreographer: Craig Bennett (UK) - 2010年09月
Music: Box of Secrets - Zarif

第一段 **Step, Touch, Behind Side Cross And Cross, Point, Behind ¼ Step**
踏 點, 後 旁 前 旁 前, 右點, 後 1/4 踏

1-2 Step forward onto right, Touch left toe in front of right
右足前踏, 左足趾於右足前點

3&4 Step left behind right, Step right to right side, Cross left over right
左足於右足後踏, 右足右踏, 左足於右足前交叉踏

&5-6 Step right to right side, Cross left over right, Touch right toe to right side 右足右踏, 左足於右足前交叉踏, 右足趾右點

7&8 Step right behind left, Step forward on to left making ¼ turn left, Step forward onto right 右足於左足後踏, 左轉90度左足前踏, 右足前踏

第二段 **Step 1/2, Step 3/4, Touch And Touch, Touch Coaster Step**
踏 轉, 踏 1/2 1/4, 點 踏 點 踏 點, 海岸步

1-2 Step forward onto left, Make ½ turn right
左足前踏, 右轉180度

3&4 Step forward onto left, make ½ turn left stepping back onto right, Make ¼ turn left stepping left to left side
左足前踏, 左轉180度右足後踏, 左轉90度左足左踏

5&6&7 Touch right next to left, Step right to right side, touch left next to right, Step left to left side, touch right next to left
右足併點, 右足右踏, 左足併點, 左足左踏, 右足併點

&8& Step back onto right, Close left next to right, Step forward onto right 右足後踏, 左足併踏, 右足前踏

第三段 **Jazz Box, Knee Pop, Bump And Bump, Kick And Cross**
爵士方塊, 膝彈, 推臀, 踢 併 交叉

1-2 Cross left over right, step back onto right
左足於右足前交叉踏, 右足後踏

3-4 Step left to left side, Pop right knee in towards left
左足左踏, 右膝彈併左足

Wall 1 **after count 20 (jazz box) 第四面牆跳至此, 從頭起跳**

Wall 4 **after count 20 add a 2nd jazz box then restart**
第四面牆跳至此, 加跳爵士方塊, 從頭起跳

5&6& Bump right hip to right, Back to left, Bump hip to right, Back to left 右足右推臀, 後推臀, 右推臀, 後推臀

7&8 Kick right to right side, Step right to right side, Cross left over right
右足右踢, 右足右踏, 左足於右足前交叉踏

第四段 **Rock Recover, Behind ¼ Step, Rock Recover, Behind ½ Step**
右下沉 回復, 後 1/4 踏, 下沉 回復, 後 轉 踏

1-2 Rock right to right side, recover onto left
右足右下沉, 左足回復

3&4 Step right behind , Make ¼ turn left stepping forward onto left, Step forward onto right 右足後踏, 左轉90度左足前踏, 右足前踏

5-6 Rock forward onto left, Recover back onto right
左足前下沉, 右足回復

7&8	Step back onto left, Make ½ turn right stepping forward onto right, step forward onto left 左足後踏, 右轉180度右足前踏, 左足前踏