Bring It (魅力四射) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Paul McAdam (UK) - 2008年04月
Music: All About You - Danny K : (CD: This Is My Time)

前奏： Start on Vocals approximately 32 counts from start of track

第一段 Scuff, Side, Twist, Rise, Kick Back, Ball Step X2
擦踢, 側, 轉, 抬, 後踢, 併踏二次

1,2 Scuff Right Foot Next To Left Foot, Step Right Foot To Right Side
右足併擦刷, 右足右踏

3,4 Twist Right Knee In, Twist Right Knee Up Whilst Rising Up Onto Ball Of Right Foot Keeping Right Knee Bent And Straightening Left Leg Out To Left Side 右膝向內轉, 右膝向外左足伸向左側

5,6 Put Right Heel Down As You Kick Left Foot Across In Front Of Right, Step Left Foot To Left Side
左足於右足前交叉踢, 左足左踏

&7 Step Ball Of Right Foot Behind Left Foot, Cross Ball Of Left Foot Across Right Foot 右足於左足後踏, 左足於右足前交叉踏

&8 Rock Weight Onto Ball Of Left Foot In Place, Rock Weight Onto Ball Of Right Foot In Place 右足踏, 左足踏

第二段 Slow Step Diagonal, Together Back-Back, Step Hold, Rocking Chair
慢斜角線前踏, 併後後, 踏候, 搖椅步

1,2 Step Right Foot To Right Diagonal, Hold A Count (You Are Now Facing 1.30) 右足右斜角線前踏, 候(面向1:30)

&3 Step Left Foot Next To Right Foot, Step Right Foot Back
左足併踏, 右足後踏

4 Step Left Foot Back Next To Right 左足後併踏

5,6 Step Right Foot Forward To Right Diagonal, Hold A Count
右足右斜角線前踏, 候

7& Rock Left Foot Forward, Recover Weight Onto Right Foot
左足前下沉, 右足回復

8& Rock Left Foot Back, Recover Weight Onto Right Foot
左足後下沉, 右足回復

第三段 Step Heel Touch, Cross Unwind, Side Steps, Heel Toe Drag
踏踵點, 交叉繞轉, 側踏, 踵趾拖

1,2 Make An 1/8th Of A Turn Left To Face 12.00 And Step Forward On Left Foot, Touch Right Heel To Right Side
左足前踏, 右足踵右點

3,4 Cross Right Foot Over Left Foot, Unwind ½ Turn Left
右足於左足前交叉踏, 左繞轉180度

5,6 Step Right Foot To Right Side, Step Left Foot To Left Side
右足右踏, 左足左踏

7&8& Right Foot Is Going To Swivel To The Right Heel, Toe, Heel, Toe Whilst The Left Leg Drags Slowly Up To It (You Are Moving To The Right On The Right Foot As The Left Foot Drags)
右足踵轉,趾轉,踵轉,趾轉, 左足慢拖併

第四段 Heel Rock, Ball Rock, Sailor Step X2
踵下沉, 踏下沉, 水手步二次

1& Rock Left Heel Forward, Recover Weight Onto Right Foot
左足踵前點, 右足回復

2& Rock Ball Of Left Foot To Left Side, Recover Weight Onto Right Foot
左足左下沉, 右足回復

3&4 Cross Left Foot Behind Right Foot, Step Right Foot To Right Side, Step Left Foot In Place
左足於右足後交叉踏, 右足右踏, 左足踏

5& Rock Right Heel Forward, Recover Weight Onto Left Foot
右足踵前點, 左足回復

6& Rock Ball Of Right Foot To Right Side, Recover Weight Onto Left Foot
右足右下沉, 左足回復

7&8 Cross Right Foot Behind Left, Step Left Foot To Left Side, Step Right Foot In Place 右足於左足後踏, 左足左踏, 右足踏

第五段 Hip Bump Turns X3, Sailor Step
擺臀轉三次, 水手步

1&2 Step Left Foot Forward And Bump Left Hip Forward, Bump Right Hip Back, Bump Left Hip Forward 左足前踏前擺臀, 右後擺臀, 左前擺臀

3&4 Make A ½ Turn Right And Step Right Foot Forward And Bump Right Hip Forward, Bump Left Hip Back, Bump Right Hip Forward
右轉180度右足前踏前擺臀, 左後擺臀, 右前擺臀

5&6 Make A ¼ Turn Right And Step Left Foot To Left Side And Bump Left Hip Left, Bump Right Hip Right, Bump Left Hip Left
右轉90度左足左踏左擺臀, 右擺臀, 左擺臀

7&8 Cross Right Foot Behind Left Foot, Step Left Foot To Left Side, Step Right Foot To Right Diagonal
右足於左足後交叉踏, 左足左踏, 右足右斜角線踏

第六段 Ball Step, Lean, Knee Pop, Hitch Swing, Step Lean, Knee Pops X2
踏, 向前, 膝彈, 抬擺, 踏前, 膝彈二次

&1 Step Ball Of Left Foot Behind Right Foot, Step Right Foot To Right Diagonal (Lean Back Slightly As You Do This)
左足於右足後踏, 右足右斜角線前踏(身體略向後)

2 Lean Forward To Straight Position With Weight Fully On Right Foot [Facing 4.30] 身體伸向前重心在右足(面向4:30)

3 Rise Up Onto Ball Of Right Foot Whilst Popping Right Knee Forward And Straightening Left Leg Back To Left Diagonal
右足略抬右足膝向前, 左腿左後斜角線伸直

&4 Drop Right Heel Down, Swing Left Leg Past Right Leg Into A Bent Hitch As Left Leg Passes Right Leg Rise Up Onto Ball Of Right Foot And Pop Right Knee Forward Again
右足踵踏, 左足越過右足彎曲抬

5 Step Left Foot Straight Forward To [3.00]
左足前踏(面向3點鐘)

6 Lean Weight Forward Fully Over Left Leg
重心全放在左足

7& Rise Up Onto Ball Of Left Foot And Pop Left Knee Forward Whilst Hitching Right Knee A Small Hitch Out To Right Side, Drop Left Heel Down And Lower Right Knee A Little
左足踏左膝向前彈, 右膝略向右抬

8& Repeat Previous Steps 7& 重覆7&動作

第七段 ¼ Turn, Side Ball Step X2, Rolling Grapevine Side Step
轉1/4, 側踏二次, 轉藤步側踏

1a2 Make A ¼ Turn Right And Step Right Foot To Right Side, Cross Ball Of Left Foot Behind Right Foot, Step Right Foot Across Left Foot
右轉90度右足右踏, 左足於右足後交叉踏, 右足於左足前交叉踏

3a4 Step Left Foot To Left Side, Cross Ball Of Right Foot Behind Left Foot, Cross Left Foot Over Right Foot
左足左踏, 右足於左足後交叉踏, 左足於右足前交叉踏

5,6 Make A ¼ Turn Right And Step Forward On Right Foot, Make A ½ Turn Right And Step Back On Left Foot
右轉90度右足前踏, 右轉180度左足後踏

7,8 Make A ¼ Turn Right And Step Right Foot To Right Side, Step Left Foot To Left Side 右轉90度右足右踏, 左足左踏

第八段 Side Ball Step X2, Rolling Grapevine, Ball Step X2
側踏二次, 轉藤步, 踏二次

1a2 Step Right Foot A Big Step To Right Side, Cross Ball Of Left Foot Behind Right, Cross Right Foot Over Left
右足右一大步, 左足於右足後交叉踏, 右足於左足前交叉踏

3a4 Step Left Foot A Big Step To Left Side, Cross Ball Of Right Foot Behind Left, Cross Left Foot Over Right
左足左一大步, 右足於左足後交叉踏, 左足於右足前交叉踏

5,6 Make A ¼ Turn Right And Step Right Foot Forward, Make A ½ Turn Right And Step Back On Left Foot 右轉90度右足前踏, 右轉180度左足後踏

&7 Make A ¼ Turn Right And Step Right Foot To Right Side, Recover Weight Onto Ball Of Left Foot
右轉90度右足右踏, 左足回復

&8 Rock Weight Onto Ball Of Right Foot, Recover Weight Onto Ball Of Left Foot 右足右下沉, 左足回復