# Eruption (一去不返) (zh)

**Count:** 64 **Wall:** 2 **Level:** Intermediate
**Choreographer:** Yvonne Anderson (SCO) - 2005年05月
**Music:** One Way Ticket - Eruption

前奏： Start on the main vocal 唱歌起跳

**第一段 R Heel Grind 1/4 Turn Right, R Coaster Step, Knee Lift, Turn 1/4 Left, L Coaster Step 右足踵磨右轉1/4, 右海岸步, 抬膝, 左轉1/4, 左海岸步**

1-2 Touch R Heel Forward, Grind 1/4 Turn Right Taking Weight On L [3] 右足踵前點, 足踵向右磨轉90度重心在左足(3點鐘)

3&4 Step R Back, & Step L Beside Right, Step R Forward [3]
右足後踏, 左足併踏, 右足前踏(3點鐘)

5-6 Lift L Knee Across Right, With Knee Hitched Make 1/4 Turn Left On Ball Of R [12] 左膝蓋於右足前交叉抬起, 重心在右足以左膝左轉90度(12點鐘)

7&8 Step L Back, & Step Beside Left, Step L Forward [12]
左足後踏, 右足併踏, 左足前踏(12點鐘)

**第二段 STEP, PIVOT 1/2 TURN LEFT, FORWARD R SHUFFLR, TWO STEP FULL TURN (Travels Forward), FORWARD L SHUFFLE**
**踏, 左轉1/2, 右前交換步, 二步向前轉圈, 左前交換步**

1-2 Step R Forward, Pivot 1/2 Turn Left Taking Weight On L [6]
右足前踏, 左轉180度重心在左足(6點鐘)

3&4 Shuffle Forward Stepping R,L,R [6]
前交換步-右, 左, 右(6點鐘)

5-6 Make 1/2 Turn Right Stepping L Back, Make 1/2 Turn Right Stepping R Forward [6] 右轉180度左足後踏, 右轉180度右足前踏(6點鐘)

7&8 Shuffle Forward Stepping L,R,L [6]
前交換步-左, 右, 左(6點鐘)

**第三段 R Heel Grind 1/4 Turn Right, R Coaster Step, Knee Lift, Turn 1/4 Left, L Coaster Step**
**右足踵右磨轉1/4, 右海岸步, 抬膝, 左轉1/4, 左海岸步**

1-2 Touch R Heel Forward, Grind 1/4 Turn Right Taking Weight On L [9] 右足踵前點, 足踵向右磨轉90度重心在左足(9點鐘)

3&4 Step R Back, & Step L Beside Right, Step R Forward [9]
右足後踏, 左足併踏, 右足前踏(9點鐘)

5-6 Lift L Knee Across Right, With Knee Hitched Make 1/4 Turn Left On Ball Of R [6] 左膝蓋於右足前交叉抬起, 重心在右足以左膝左轉90度(6點鐘)

7&8 Step L Back, & Step R Beside Left, Step L Forward [6]
左足後踏, 右足併踏, 左足前踏(6點鐘)

**第四段 Step, Pivot 3/4 Turn Left, R Side Shuffle, Rock, Recover, L Heel-Ball Cross 踏, 左轉3/4, 右側交換步, 下沉, 回復, 左踵-踏-交叉**

1-2 Step R Forward, Pivot 3/4 Turn Left Taking Weight On L [9]
右足前踏, 左轉270度重心在左足(9點鐘)

3&4 Step R To Right, & Step L Beside Right, Step R To Right [9]
右足右踏, 左足併踏, 右足右踏(9點鐘)

5-6 Rock L Behind Right, Recover Weight On R [9]
左足後下沉, 右足回復(9點鐘)

7&8 Touch L Heel Forward, & Step Ball Of L Back, Step R Across Left [9] 左足踵前點, 左足後踏, 右足於左足前交叉踏(9點鐘)

**第五段 L Side Shuffle, Rock, Recover, Side-Behind, Heel Jack, Clap**
**左側交換, 下沉, 回復, 側-後, 踏踵點, 拍手**

1&2 Step L To Left, & Step R Beside Left, Step L To Left [9]
左足左踏, 右足併踏, 左足左踏(9點鐘)

3-4 Rock R Behind Left, Recover Weight On L [9]
右足後下沉, 左足回復(9點鐘)

5-6 Step R To Right, Step L Behind R [9] 右足右踏, 左足於右足後踏(9點鐘)

&7&8 & Step Ball Of R Back, Touch L Heel Forward, & Clap Hands, Clap Hands [9] 右足後踏, 左足踵前點, 拍手, 拍手(9點鐘)

**第六段 Ball-Step 1/4 Turn L, Cross Shuffle, Side-Behind, Heel Jack, Clap 踏-踏左轉1/4, 交叉交換, 側-後, 踏踵點, 拍手**

&1-2 & Step Ball Of L Beside Right, Step R Forward, Pivot 1/4 Left Taking Weight On L [6] 左足併踏, 右足前踏, 左轉90度重心在左足(6點鐘)

3-4 Step R Across Left, & Step L To Left, Step R Across Left [6]
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(6點鐘)

5-6 Step L To Left, Step R Behind Left [6]
左足左踏, 右足於左足後踏(6點鐘)

&7&8 & Step Ball Of L Back, Touch R Heel Forward, & Clap Hands, Clap Hands [6] 左足後踏, 右足踵前點, 拍手, 拍手(6點鐘)

**第七段 Ball-Step 1/2 Turn R, Forward L Shuffle. Rocking Chair**
**踏-踏右轉1/2, 左前交換, 搖椅步**

&1-2 & Step Ball Of R Beside Left, Step L Forward, Pivot 1/2 Right Taking Weight On R [12] 右足併踏, 左足前踏, 右轉180度重心在右足(12點鐘)

3&4 Shuffle Forward Stepping L,R.L [12]
前交換步-左, 右, 左(12點鐘)

5-6 Rock R Forward, Recover Weight On L [12]
右足前下沉, 左足回復(12點鐘)

7-8 Rock R Back, Recover Weight On L [12]
右足後下沉, 左足回復(12點鐘)

**第八段 Ball-Step 1/2 Turn R, Forward L Shuffle. Rocking Chair**
**踏-踏右轉1/2, 左前交換, 搖椅步**

&1-2 & Step Ball Of R Beside Left, Step L Forward, Pivot 1/2 Right Taking Weight On R [6] 右足併踏, 左足前踏, 右轉180度重心在右足(6點鐘)

3&4 Shuffle Forward Stepping L,R.L [6]
前交換步-左, 右, 左(6點鐘)

5-6 Rock R Forward, Recover Weight On L [6]
右足前下沉, 左足回復(6點鐘)

7-8 Rock R Back, Recover Weight On L [6]
右足後下沉, 左足回復(6點鐘)