Go Jaded (zh)

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Michele Perron (CAN) & Frank Trace (USA) - 2010年12月
Music: I'm Not Contagious - Chromeo : (CD: Business Casual)

前奏： Introduction: After the instrumental intro, there is a pause in the music and then the beat kicks in with some vocals, begin your 32 Count introduction at this point, dance begins on lyrics “Look around….”

第一段 Forward, Across, Back, Side [Jazz Box]; Across, Turn, Side, Across
爵士方塊, 右1/4爵士方塊交叉

1-2 Right Step forward, Left Step across front of R
右足前踏, 左足於右足前交叉踏

3-4 Right Step back, Left Step side L
右足後踏, 左足左踏

5-6 Right Step across front of L, Left Step back & crossed behind R with 1/4 Turn R (3 o’clock)
右足左足前交叉踏, 右轉90度左足於右足後交叉踏(面向3點鐘)

7-8 Right Step side R, Left Step across front of R
右足右踏, 左足於右足前交叉踏

第二段 Side, Hold/Clap, Hip Bumps: L,R, Forward- Lock-Forward, Hitch
側, 候(拍手), 推臀-左, 右, 斜角前鎖步, 抬

1-2 RIGHT Step side R, HOLD and Clap hands to R side
右足右踏, 候(在右邊拍手)

3-4 Hip Bump side L. Hip Bump side R [weight on R]
左推臀, 右推臀(重心在右足)

5-6 Left Step forward diagonal L, Right Lock/Step forward and behind L
左足左斜角前踏, 右足於左足後鎖踏

7-8 Left Step forward diagonal L, Right Knee hitch
左足左斜角前踏, 右膝抬

第三段 Walks Back/Turn, Hitch, Syncopated Bumps L,R
後走三步帶右轉1/4, 抬, 左推臀, 右推臀

1-4 Right, Left, Right Steps back with 1/4 Turn R, Left Knee hitch (6 o’clock)
三步後走步右轉90度-右, 左, 右, 左膝抬(面向6點鐘)
make an ‘arc shape’ using all three walks back to execute the turn on Counts 1-3 前三拍的後走步, 做一個弧形轉

5&6 Left Step forward diagonal L with L hip bump, Hip bump back, Hip bump forward diagonal L
左足左斜角前踏左推臀, 後推臀, 左斜角前推臀

7&8 Right Hip bump back diagonal R, Hip Bump forward, Hip bump back diagonal R [weight on R]
右斜角後推臀, 前推臀, 右斜角後推臀(重心在右足)

第四段 Turn 1/4 L, Side, Behind- Side-Cross, Monterey 1/2 Turn R
左1/4交叉 側, 後 旁 前, 蒙特瑞轉

1-2 Turn 1/4 L with Left Step forward & across front of R, Right Step side R (3 o’clock)
左轉90度左足於右足前交叉踏, 右足右踏(面向3點鐘)

3&4 Left Step crossed behind R, Right step side R, Left Step across front of R 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

5-6 Right Toe/Touch side R, Turn 1/2 R with Right Step beside L (9 o’clock) 右足趾右點, 右轉180度右足併踏(面向9點鐘)

7-8 Left Toe/Touch side L, Left Step beside R
左足趾左點, 左足併踏

ENDING: Dance ends on the front wall. Step forward on R & strike a “GO JADED” Pose.
結束: 結束時會面向前面牆, 右足前踏, 擺個姿勢