Raise Your Glass (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Simon Ward (AUS) - 2010年11月
Music: Raise Your Glass - P!nk

前奏： Dance starts on vocals 唱歌起跳

第一段 Walk, Walk, Fwd Lock Fwd, Left Fwd ½ Pivot turn, ¾ turn right triple step

1-2 Step right forward, Step left forward
右足前踏, 左足前踏

3-4 Step right forward, Lock/step left behind right, Step right forward
右足前踏, 左足於右足後鎖踏, 右足前踏

5-6 Step left forward, Pivot ½ turn right taking weight onto right
左足前踏, 右軸轉180度重心在右足

7&8 Turn a ½ turn right stepping left slightly forward, Turn a further ¼ turn right stepping right beside left, Step left beside right (3.00)
右轉180度左足略前踏, 右轉90度右足併踏, 左足併踏(面向3點鐘)

第二段 Step right side, Left Fwd at 45 deg, Shuffle Fwd, Rock fwd back, Reverse full paddle turn left

1-2 Step right slightly right side, Step left slightly forward at 45 deg right (4.30) 右足略右踏, 左足略右斜角前踏
面向4:30

3&4 Step right slightly forward, Step left beside right, Step right slightly forward 右足略前踏, 左足併踏, 右足略前踏

5-6 Rock/step left forward, Rock/recover weight back on right
左足前下沉, 右足回復

7&8& Turn a 3/8 turn left stepping left to left, Turn a further ¼ turn left stepping right slightly behind left, Turn a further ¼ turn
left stepping onto left, Turn a further ¼ turn left stepping right slight back (3.00)
左轉135度左足左踏, 左轉90度右足略於左足後踏, 左轉90度左足踏, 左轉90度右足略後踏(面向3點鐘)

第三段 Step left side, Right Fwd at 45 deg. Shuffle Fwd, Rock fwd back, Shuffle to right side

1-2 Step left slightly to left side, Step right slightly forward at 45 deg left (1.30) 左足略左踏, 右足左斜角略右踏
面向1:30

3&4 Step left slightly forward, Step right beside left, Step left slightly forward 左足略前踏, 右足併踏, 左足略前踏

5-6 Rock/step right forward, Rock/recover weight back on left
右足前下沉, 左足回復

7&8 Turn a 1/8 turn right stepping right to right side, Step left beside right, Turn a ¼ right stepping right to right side (6.00)
右轉45度右足右踏, 左足併踏, 右轉90度右足右踏(面向6點鐘)

第四段 Fwd ½ turn, Step right back, Left Coaster Step, Fwd Pivot ½ left, Heel switches

1-2 Step left forward turning a ½ turn right, Step back on right (12.00)
右轉180度左足前踏, 右足後踏(面向12點鐘)

3&4 Step left back, Step right beside left, Step left forward
左足後踏, 右足併踏, 左足前踏

5-6 Step right forward, Pivot ½ turn left taking weight onto left
右足前踏, 左轉180度重心在左足

7&8 Touch right heel forward, Step right beside left, Touch left heel forward (6.00) 右足踵前點, 右足併踏, 左足踵前點(面向6點鐘)

第五段 Together, Rock fwd, back ½ turn right, Shuffle fwd, Large step fwd, ½ turn right, Together, Heel Switches

&1-2 Step left beside right, Rock/step right forward, Rock back on left turning a ½ turn right (12.00)
左足併踏, 右足前下沉, 左足回復右轉180度 (面向12點鐘)

3&4 Step right forward, Step left beside right, Step right forward
右足前踏, 左足併踏, 右足前踏

5-6 Large step forward on left, Slide right to left turning a ½ turn right & step right beside left (6.00)
左足前一大步, 右轉180度右足滑併踏(面向6點鐘)

&7&8 Step left beside right, Touch right heel forward, Step right beside left, Touch left heel forward
左足併踏, 右足踵前, 右足併踏, 左足踵前點

第六段 Together, Fwd, ¼ Pivot left, Cross Ball Heel, Together Cross/step ¾ turn with hitch, Shuffle fwd on left

&1-2 Step left beside right, Step right forward, Pivot ¼ turn left taking weight onto left (3.00)
左足併踏, 右足前踏, 左軸轉90度重心在左足(面向3點鐘)

3&4 Cross/step right over left, Step left to left side, Touch right heel at 45deg right 右足於左足前交叉踏, 左足左踏, 右足踵前點面向右45度

&5-6 Step right beside left, Cross/step left over right, Step right to right side turning a ¾ turn left hitching left knee (6.00)
右足併踏, 左足於右足前交叉踏, 左轉270度右足右踏左膝抬(面向6點鐘)

7&8 Step left forward, Step right beside right, Step left forward (**)
左足前踏, 右足併踏, 左足前踏

Restarts: On Wall 2 you will restart here (**)
第二面牆跳至此, 從頭起跳

第七段 Point Right, Point Left, Right Heel Fwd, Left Heel Fwd, Rock fwd, back ½ turn right, Lock/step fwd

1&2& Point right toe to right side, Step right beside left, Point left toe to left side, Step left beside right
右足趾右點, 右足併踏, 左足趾左點, 左足併踏

3&4& Touch right toe forward, Step right beside left, Touch left toe forward, Step left beside right (***)
右足趾前點, 右足併踏, 左足趾前點, 左足併踏

5-6 Rock/step right forward, Rock back on left turning a ½ turn right (12.00)
右足前下沉, 左足回復右轉180度 (面向12點鐘)

7&8 Step right forward, Lock/Step left behind right, Step right forward
右足前踏, 左足於右足後鎖踏, 右足前踏

Restarts: On Wall 5 you will restart here (***)
第五面牆跳至3&4&, 從頭起跳

第八段 Rock fwd, Back ½ turn right, Fwd, Rock fwd, Back ½ turn left, Fwd, Step left fwd, Pivot ½ turn, Step left fwd

1-2 Rock/step forward on left, Rock weight back on right turning a ½ turn left 左足前下沉, 右足回復左轉180度

3-4 Step slightly forward on left, Rock/step forward on right
左足略前踏, 右足前下沉

5-6 Rock weight back on left turning a ½ turn right, Step slightly forward on right 左足回復右轉180度, 右足略前踏

7&8 Step left forward, Pivot ½ turn right taking weight onto right, Step left forward (6.00)
左足前踏, 右軸轉180度重心在右足, 左足前踏(面向6點鐘)

Ending: You will finish on count 33 by stepping fwd right as you turn left to the front raising your glass with your right hand
結束: 第五段第1拍右足前踏後, 左轉至前面牆, 以右手舉杯姿勢結束舞曲
