

# Just Dance (舞力全開) (zh)

COPPER KNOB  
BY STEPHEN

Count: 64

Wand: 2

Ebene: Intermediate/Advanced

Choreograf/in: Peter Metelnick (UK) & Alison Metelnick (UK) - 2008年07月

Musik: Just Dance - Lady Gaga



前奏 : Start 32 counts on verse vocals

**第一段** L fwd, R touch together, R back, L heel forward, L back, R fwd, ½ left pivot turn, ½ left & R back, L coaster step

踏, 併點-後-踵-收, 踏 轉 轉, 海岸步

1-2 Step L forward, touch R together  
左足前踏, 右足併點

&3& Step R back, touch L heel forward, step L back  
右足後踏, 左足踵前點, 左足後踏

4 -5-6 Step R forward, pivot ½ left, turning ½ left step R back  
右足前踏, 左軸轉180度, 左軸轉180度右足後踏

7&8 Step L back, step R together, step L forward (12 o'clock)  
左足後踏, 右足併踏, 左足前踏(面向12點鐘)

**第二段** R fwd, hold, L together, R forward, ¼ L knee hitch, hip bumps L & R, L sailor step 前踏, 候 併 踏, 1/4膝抬  
左推臀 右推臀, 水手步

1-2& Step R forward, hold, step L together  
右足前踏, 候, 左足併踏

3-4 Step R forward, turning ¼ right hitch L knee up  
右足前踏, 右轉90度左膝抬

5-6 Step L to side bumping hips L, bump hips R (weight ends on R)  
左足左踏左推臀, 右推臀(重心在右足)

7&8 Cross step L behind R, step R side, step L slightly forward (3 o'clock)  
左足於右足後交叉踏, 右足右踏, 左足略前踏(面向3點鐘)

Final Wall (8th Wall): Change counts 7&8 to cross step L behind R, step R to R side, turn ¼ R step L forward  
結束(第八面牆) 將第8拍改成右轉90度左足前踏, 面向前面結束

**第三段** R fwd, L touch together, L back, R heel forward, R back, L fwd, ½ right pivot turn, ½ right & L back, ¼ right & R side, cross L over R 前踏, 併點 後踏 踵 收, 踏 轉 轉, 1/4 交叉

1-2 Step R forward, touch L together 右足前踏, 左足併點

&3& Step L back, touch R heel forward, step R back  
左足後踏, 右足踵前點, 右足後踏

4-6 Step L forward, pivot ½ right, turning ½ right step L back  
左足前踏, 右軸轉180度, 右轉180度左足後踏

7-8 Turning ¼ right step R to R side, cross step L over R (6 o'clock)  
右轉90度右足右踏, 左足於右足前交叉踏(面向6點鐘)

**第四段** R side rock & recover, R behind side cross, L side rock & recover, L coaster step 右下沉 回復, 後 旁 前,  
左下沉 回復, 海岸步

1-2 Rock R side, recover weight on L  
右足右下沉, 左足回復

3&4 Cross step R behind L, step L side, cross step R over L  
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Rock L side, recover weight on R  
左足左下沉, 右足回復

7&8 Step L back, step R together, step L forward (6 o'clock)  
左足後踏, 右足併踏, 左足前踏(面向6點鐘)

TAG/RESTART here DURING 2nd wall (at this point you will be facing front wall.) Do the 4 count tag below and restart the dance.

第二面牆跳至此面向前面牆時，加4拍後從頭起跳

1-4 Step R forward, strike a pose and hold for 3 counts  
右足前踏，停3拍

**第五段** Walk forward R & L, ¼ L ball cross, ¼ left & R back, ¼ left & L side rock & recover, L sailor step  
走走，1/4 交叉，1/4 1/4 下沉 回復，水手步

1-2 Step R forward, step L forward  
右足前踏，左足前踏

3&4 Turning ¼ left step R slightly back, cross step L over R, turning ¼ left step R back  
左轉90度右足略後踏，左足於右足前交叉踏，左轉90度右足後踏

5-6 Turning ¼ left rock L to left side, recover weight on R  
左轉90度左足左下沉，右足回復

7&8 Cross step L behind R, step R side, step slightly forward (9 o'clock)  
左足於右足後交叉踏，右足右踏，左足略前踏(面向9點鐘)

**第六段** R fwd press & recover, R coaster step, L & R side switches, L fwd, hold, R together 壓回，海岸步，點收  
點收，踏，候併

1-2 Press R forward, recover weight on L  
右足前壓踏，左足回復

3&4 Step R back, step L together, step R forward  
右足後踏，左足併踏，右足前踏

5&6& Touch L to side, step L together, touch R to side, step R together  
左足左點，左足併踏，右足右點，右足併踏

7-8& Step L forward, hold, step R together (9 o'clock)  
左足前踏，候，右足併踏(面向9點鐘)

**第七段** L syncopated jazz box, R touch & kick, R coaster step  
變奏爵士方塊，點踢，海岸步

1-2 Step L forward, cross step R over L  
左足前踏，右足於左足前交叉踏

3&4 Step L back, step R side, step L slightly forward  
左足後踏，右足右踏，左足略前踏

5-6 Touch R together, kick R forward on right diagonal  
右足併點，右足右斜角前踢

7&8 Step R back, step L together, step R forward (9 o'clock)  
右足後踏，左足併踏，右足前踏(面向9點鐘)

**第八段** L fwd dip & twist ¼ R with R flick/heel grind, ¼ R sweeping coaster, L fwd, ½ right pivot turn, ½ right & L back, ¼ right & R forward  
踏蹲，右1/4帶勾或踵轉，右1/4繞海岸步，踏轉，1/2 1/4

1 Step L forward (optional as you step forward bend both knees & dip down slightly)  
左足前踏(可選擇彎雙膝呈蹲狀)

2 Pivot ¼ right (optional as you pivot bring yourself back up) and flick your R foot out to diagonal/or grind R heel  
右軸轉90度右足向斜角勾(或右足踵轉)

3&4 Turning ¼ right sweep R behind L & step R back, step L together, step R forward 右轉90度右足向後繞踏，左足併踏，右足前踏

5-6 Step L forward, pivot ½ right  
左足前踏，右軸轉180度

7-8 Turning ½ right step L back, turning ¼ right step R forward (6 o'clock)  
右轉180度左足後踏，右轉90度右足前踏(面向6點鐘)

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