

Rah-Rah Ooh La La (錯誤的情緣) (zh)

COPPER KNOB
STYLEDANCE

Count: 0

Wand: 2

Ebene: Improver

Choreograf/in: Jo Kinser (UK), John Kinser (UK) & Mark Furnell (UK) - 2010年03月

Musik: Bad Romance - Lady Gaga : (CD: Bad Romance)



前奏 : Start 32 counts in on the vocals (0:17)

第一段 Walk Fwd R,L,R,L, Point Fwd, Side, Cross, Unwind
走走走走, 前點, 交叉, 繞

1,4 Walk Fwd Rt, Lt, Rt, Lt, brushing shoulders with both hands
右足前走, 左足前走, 右足前走, 左足前走, 雙手刷肩

5,6 Point Rt Fwd, Point Rt to Rt 右足前點, 右足右點

7,8 Cross Rt in front of Lt, Unwind a 3/4 turn Lt (weight Lt) (3:00)
右足於左足前交叉踏, 左繞轉270度(重心在左足)(面向3點鐘)

第二段 Rock & Rock, Behind 1/4 Turn Fwd, Walk R, L
右下沉, 回復 併 左下沉, 回復, 後 1/4 踏

1,2 Rock Rt to Rt, Replace weight Lt 右足右下沉, 左足回復

&3,4 Step Rt next to Lt, Rock Lt to Lt, Replace weight Rt
右足併踏, 左足左下沉, 右足回復

5&6 Step Lt behind Rt, Make 1/4 turn Rt stepping Rt Fwd, Step Lt Fwd (6:00) 左足於右足後踏, 右轉90度右足前踏, 左足前踏(6點鐘)

7,8 Step Fwd Rt, Lt 右足前踏, 左足前踏(面向6點鐘)

第三段 Rt Sailor, Lt Sailor, Touch Fwd, Back, Rt Kick Ball Change
右水手, 左水手, 前點, 後點, 踢 併 踏

1&2 Step ball of Rt behind Lt, Step Lt in place, Step Rt to Rt
右足於左足後踏, 左足踏, 右足右踏

3&4 Step ball of Lt behind Rt, Step Rt in place, Step Lt to Lt
左足於右足後踏, 右足踏, 左足左踏

5,6 Touch Rt Fwd diagonally Lt (5:00), Touch Rt back diagonally Rt (11:00)
右足左斜角前點(面向5點鐘), 右足右斜角後點(面向11點鐘)

7&8 Kick Rt Fwd diagonally Lt (5:00), Replace weight on the ball of Rt, Replace weight Lt (5:00)
右足左斜前踢(面向5點鐘), 右足回復, 左足回復(面向5點鐘)

第四段 Cross, Back, Turn, Turn, Dorothy Steps Fwd
交叉 後, 轉 轉, 桃樂蒂步

1,2 Cross Rt in front of Lt (5:00), Step back Lt 1/8 Rt (6:00)
右足於左足前交叉踏(面向5點鐘), 右轉45度左足後踏(面向6點鐘)

3,4 Step Rt Fwd 1/4 turn Rt (9:00), Make a 1/4 turn Rt stepping Fwd Lt (12:00)
右轉90度右足前踏(面向9點鐘), 右轉90度左足前踏(面向12點鐘)

5,8 Step ball of Rt behind Lt (5), Step Lt to Lt (&), Step Rt Fwd (6), Step ball of Lt behind Rt (7), Step Rt to Rt (&), Step Lt Fwd (8)
右足於左足後踏, 左足左踏, 右足前踏, 左足於右足後踏, 右足右踏, 左足前踏

第五段 Step, Turn, Step, Touch, Step, Touch, Kick Ball Step
踏 轉, 右點 左點, 踢 併 踏

1,2 Step Rt Fwd, Pivot 1/2 Turn Lt (6:00)
右足前踏, 左軸轉180度(面向6點鐘)

3,6 Step Rt to Rt, Touch Lt in place facing (5:00), Step Lt to Lt, Touch Rt in place facing (7:00)
右足右踏, 左足點(面向5點鐘), 左足左踏, 右足點(面向7點鐘)

7&8 Kick Rt Fwd diagonally Rt, Replace weight on the ball of Rt, Step Lt Fwd (7:00) 右足右斜角前踢, 右足踏, 左足前踏(面向7點鐘)

第六段 Charleston Steps, Touch, Touch, Bounce Unwind
查爾斯頓步, 點點, 彈跳繞轉

- 1,4 Step Rt Fwd (7:00), Touch Lt Fwd (7:00), Step Lt Back (1:00), Touch Rt Back (1:00)
右足前踏(面向7點鐘), 左足前點(面向7點鐘), 左足後踏(面向1點鐘), 右足後點(面向1點鐘)
- 5,6 Touch Rt Fwd (7:00), Touch Rt Back (1:00)
右足前點(面向7點鐘), 右足後點(面向1點鐘)
- 7,8 Unwind 7/8 turn Rt bouncing your heels twice (weight Lt) (6:00)
雙足踵以彈跳方式右繞轉7/8(面向6點鐘)

第七段 Walk Fwd R,L, Step, Turn, Touch Step, Touch Step
右足前走, 左足前走, 踏轉, 點踏點踏

- 1,4 Walk Rt Fwd, Walk Fwd Lt, Step Rt Fwd, Pivot 1/2 Turn Lt (12:00)
右足前走, 左足前走, 右足前踏, 左軸轉180度(面向12點鐘)
- 5,8 Touch Rt Fwd pushing hips Fwd, Step down Rt, Touch Lt Fwd pushing hips Fwd, Step down Lt 右足前點前推臀, 右足踏, 左足前點前推臀, 左足踏

第八段 Step 1/2 Turn, 1/4 Behind, 1/4, Step, 1/2, Full Turn (Like a Fig.8)
踏轉 1/4 後, 1/4 後, 1/4 踏, 轉轉(8字型)

- 1,2 Step Rt Fwd, Pivot 1/2 Turn Lt (6:00)
右足前踏, 左軸轉180度(面向6點鐘)
- 3,4 Make 1/4 Turn Lt stepping Rt to Rt (3:00), Step Lt behind Rt
左轉90度右足右踏(面向3點鐘), 左足於右足後踏
- 5,6 Make 1/4 Turn Rt stepping Rt Fwd (6:00), Step Lt Fwd
右轉90度右足前踏(面向6點鐘), 左足前踏
- 7,8 Make 1/2 Turn Rt weight Rt (12:00), Pivot on the Rt 1/2 Turn Rt stepping Lt to Lt (6:00) 右轉180度右足踏(12點鐘), 右轉180度左足左踏(6點鐘)

RESTART happens here AFTER the 4th repetition and just after the Fashion Walk Tag.
前面四面牆結束時都加拍

第九段 Flick Heel R&L&R&R&, Flick Heel L&R&L&L&
抬踵右左右右, 抬踵左右左左

- 1& With weight on the Rt toe flick Rt heel out to Rt, Bring Rt heel back to center (weight Rt)
重心在右足, 右足踵向右抬, 右足踵轉回(重心在右足)
- 2& With weight on the Lt toe flick Lt heel out to Lt, Bring Lt heel back to center (weight Lt)
重心在左足, 左足踵向左抬, 左足踵轉回(重心在左足)
- 3& With weight on the Rt toe flick Rt heel out to Rt, Bring Rt heel back to center 重心在右足, 右足踵向右抬, 右足踵轉回
- 4& Flick Rt heel out to Rt, Bring Rt heel back to center (weight Rt)
右足踵向右抬, 右足踵轉回(重心在右足)
- 5& With weight on the Lt toe flick Lt heel out to Lt, Bring Lt heel back to center (weight Lt)
重心在左足, 左足踵向左抬, 左足踵轉回(重心在左足)
- 6& With weight on the Rt toe flick Rt heel out to Rt, Bring Rt heel back to center (weight Rt)
重心在右足, 右足踵向右抬, 右足踵轉回(重心在右足)
- 7& With weight on the Lt toe flick Lt heel out to Lt, Bring Lt heel back to center 重心在左足, 左足踵向左抬, 左足踵轉回
- 8 Flick Lt heel out to Lt 左足踵向左抬
- & Bring Lt heel back to center (weight Lt) beginning start of Rt Mash Potato swivel Rt heel out to Rt
左足踵轉回(重心在左足), 右足踵轉向右(馬鈴薯步的開始)

第十段 Mash Potato, Coaster Step, Walk L,R Lock Step Fwd
馬鈴薯步, 海岸步, 走走, 前鎖步

- 1&2 Step Rt behind Lt (ending Rt Mash Potato), Swivel Lt heel out to Lt, and step Lt behind Rt (Mash Potato)
右足於左足後踏(右馬鈴薯步), 左足踵轉向左, 左足於右足後踏
- 3,6 Step Rt back (3), Step Lt next to Rt (&), Step Rt Fwd (4), Walk Fwd Lt (5), Rt (6) 右足後踏, 左足併踏, 右足前踏, 左足前走, 右足前走

- 7&8 Step Lt Fwd, Lock Rt behind Lt, Step Lt Fwd (6:00)
左足前踏, 右足於左足後鎖踏, 左足前踏(面向6點鐘)
TAG: Fashion Walk x3 (1-24) 流行走步 三次
- 1-8& Walk Fwd R,L,R,L, 1/4 C Bumps 1/4
前走-右, 左, 右, 左, 1/4 C轉臀 1/4
- 1-4 Walk Fwd Rt, Lt, Rt, Lt (12:00)
前走-右, 左, 右, 左(面向12點鐘)
- 5 Make 1/4 turn Lt touching pushing Rt hip up (9:00) (beginning of C Bumps), look towards (12:00)
左轉90度往上轉臀向上看(開始C轉臀動作)
- &6&7&8 Circle hip down, Circle hip up, Circle hip down (weight Rt)
往下轉臀, 往下轉臀, 往下轉臀
- & Make 1/4 turn Lt stepping fwd Lt (6:00). Repeat 1-8 again another 2 times. 左轉90度左足前踏(面向6點鐘),
重覆1-8兩次
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