

Hey Mister Mister (嘿！先生) (zh)

COPPER KNOB
STEPSHETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Francien Sittrop (NL) & Anja v Sommeren - 2010年04月

Musik: Hey, Soul Sister - Train : (3:36)



前奏：Intro: After 16 counts on Vocals 16拍後唱歌起跳

第一段 Step Fwd, Pivot ½ L, Kick & Point & Point, ¼ Monterey, Heel Jack
踏, 轉, 踏 併 點 收 1/4 蒙特瑞 傑克腿

1-2 Step R fwd, Pivot ½ Turn L (6.00) 右足前踏, 左軸轉180度(面向6點鐘)

3& Kick R fwd, Step R next to L 右足前踢, 右足併踏

4& Touch L to L side, Step L next to R 左足左點, 左足併踏

5&6 Touch R to R side, ¼ Turn R and step R next L, Touch L to L side (9.00)
右足右點, 右轉90度右足併踏, 左足左點(面向9點鐘)

&7 Step L down, Step R across L 左足踏, 右足於左足前交叉踏

&8 Step L back, Touch R heel fwd 左足後踏, 右足踵前點

第二段 Ball Cross, Side, Sailor ½ Turn L, Ball step, Shuffle Fwd, Mambo step Back 併 交叉, 側, 轉水手, 併 踏, 前交換, 後曼波

&1-2 Step R next to L, Step L across R, Step R to R side
右足併踏, 左足於右足前交叉踏, 右足右踏

3&4 Sweep L behind R with ½ Turn L, Step R to R side, Step L to L side (3.00)
左轉180度左足繞於右足後踏, 右足右踏, 左足左踏(面向3點鐘)

&5&6 Step R next to L, Step L fwd, Step R next to L, Step L fwd
右足併踏, 左足前踏, 右足併踏, 左足前踏

7&8 Rock R fwd, Recover on L, Step R back
右足前下沉, 左足回復, 右足後踏

RESTART: wall 4, Count 16 Touch R next to L instead of stepping back (your facing the front) and start again with count 1

第四面牆跳至此, 第8拍右足後踏改成右足併點, 從頭接續第1拍右足前踏

第三段 Full Turn L, Coaster Step, Paddle ½ Turn, Samba Step
左轉圈, 海岸步, 1/2划槳步, 森巴

1-2 ½ Turn L step L fwd, ½ Turn L step R back (Easier option: 2 Walks back L,R) 左轉180度左足前踏, 左轉180度右足後踏
簡易版: 二次後走步—左, 右

3&4 Step L back, Step R next to L, Step L fwd
左足後踏, 右足併踏, 左足前踏

&5&6 Hitch R with ¼ turn L, R point side x2 (9.00)
左轉90度右足抬, 右足右點二次(面向9點鐘)

7&8 Step R across L, Rock L to L side, Recover on R.
右足於左足前交叉踏, 左足左下沉, 右足回復

第四段 Samba Step, Step fwd, Pivot ½ Turn L with Touch, Weave L
森巴, 踏, 轉帶點, 左藤步

1&2 Step L across R, Rock R to R side, Recover on L
左足於右足前交叉踏, 右足右下沉, 左足回復

3&4 R step fwd, ½ turn L, Touch R next to L (3.00)
右足前踏, 左轉180度, 右足併點(面向3點鐘)

5&6& Step R to R side, L behind R, Step R to R side, Step L across R
右足右踏, 左足於右足後踏, 右足右踏, 左足於右足前交叉踏

7&8& Step R to R side ,L behind R, Step R to R side, Step L fwd
右足右踏, 左足於右足後踏, 右足右踏, 左足前踏

Option Slow Weave: 5 – 8 Step R to R side, Step L behind R, Step R to R side, Step L fwd 慢藤步-右足右踏, 左
5-8簡易版 足於右足後踏, 右足右踏, 左足前踏
