

Hot Hot Hot (魅力四射) (zh)

COPPER KNOB
STEPSHEETS

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Helena Jeppsson (SWE) - 2010年03月

Musik: Hot Hot Hot - Linda Pritchard : (CD: Melodifestivalen 10)



第一段 Toe Switches X4, Step Back Touch X2 (Or Batucada), Coaster Step 右點收左點收, 前點收 四次, 海岸步

- 1& Touch right toe to right side, step right beside left
右足趾右點, 右足併踏
- 2& Touch left toe to left side, step left beside right
左足趾左點, 左足併踏
- 3&4 Touch right toe forward, step right beside left, touch left toe forward
右足趾前點, 右足併踏, 左足趾前點
- &5 Step back on left foot, touch right toe forward
左足後踏, 右足趾前點
- &6 Step back on right foot, touch left toe forward
右足後踏, 左足趾前點
- 7&8 Step back on left foot, step right beside left, step left foot forward on left diagonal (10.30)
左足後踏, 右足併踏, 左足左斜角前踏(面向10:30)
- For batucada steps:
- &a5 Step back on left foot, rock forward on right foot, recover weight onto left 左足後踏, 右足前下沉, 左足回復
- &a6 Step back on right foot, rock forward on left foot, recover weight onto right 右足後踏, 左足前下沉, 左足回復

第二段 Fwd, 1/4 Turn, Back, Back, 1/4 Turn, Fwd, Triple Step Fwd, Step, 1/2 Turn, Step 踏 1/4 後後, 1/4 踏前 交換, 踏 轉 踏

- 1& Step right foot forward (10.30), make a 1/4 turn right stepping back on left (1.30) 右足前踏(10:30), 右轉90度左足後踏(面向1:30)
- 2 Step back on right foot 右足後踏
- 3& Step back on left foot, make a 1/4 turn right stepping forward on right foot (4.30) 左足後踏, 右轉90度右足前踏(面向4:30)
- 4 Step forward on left foot 左足前踏
- 5&6 Triple forward on right, left, right 前交換-右, 左, 右
- 7&8 Step forward on left foot, make a 1/2 turn right, step forward on left foot (10.30) 左足前踏, 右轉180度, 左足前踏(面向10:30)

RESTART on wall 3 and 6, make a 5/8 turn to face 12.00, stepping left foot beside right on count 8
第三面牆及第六面牆跳至此, 將第7拍右轉180度改成右轉5/8面向12點鐘, 第8拍變成左足併踏, 從頭起跳

第三段 Walk X2, Triple Step Fwd, Step Back, Step Fwd, Coaster Step 走走, 前交換, 後前, 海岸步

- 1,2 Walk forward on right, left (10.30) 右足前走, 左足前走
- 3&4 Triple forward on right, left, right 前交換-右, 左, 右
- 5,6 Step back on left foot pushing hips back, step forward on right pushing hips forward 左足後踏後推臀, 右足前踏前推臀
- 7&8 Step back on left foot, step right beside left, step forward on left (10.30) 左足後踏, 右足併踏, 左足前踏(面向10:30)

第四段 1/2 Turn R, 3/8 Turn R, Lock Step Back, Step Side X2, Hip Roll With 1/4 Turn L 1/2, 3/8, 後鎖步, 左右, 轉臀帶左1/4

- 1,2 Make a 1/2 turn right (4.30), make a 3/8 turn right stepping back on left (9.00) 右轉180度(面向4:30), 右轉135度左足後踏(面向9點鐘)
- 3&4 Step back on right foot, lock left in front of right, step back on right foot 右足後踏, 左足於右足前鎖踏, 右足後踏
- 5,6 Step left foot to left side, step right foot to right side
左足左踏, 右足右踏
- 7,8 Roll hips counter clockwise, make a 1/4 turn left ending with weight on left foot (6.00)
逆時針轉臀, 左轉90度重心在左足(面向6點鐘)

第五段 Side, Rock Step X2, Full Turn R, Side Triple
右後下沉 回復, 左後下沉 回復, 1/4 1/2 1/4轉交換

- 1&2 Step right foot to right side, rock left foot behind right, recover weight onto right foot 右足右踏, 左足於右足後下沉, 右足回復
- 3&4 Step left foot to left side, rock right foot behind left, recover weight onto left foot 左足左踏, 右足於左足後下沉, 左足回復
- 5 Make a 1/4 turn right stepping forward on right foot
右轉90度右足前踏
- 6 Make a 1/2 turn right stepping back on left foot
右轉180度左足後踏
- 7&8 Make a 1/4 turn right and triple to the side right, left, right
右轉90度轉交換-右, 左, 右

第六段 Side, Rock Step X2, 1 1/4 Turn L, Fwd Triple
左後下沉 回復, 右後下沉 回復, 1/4 1/2 1/2轉交換

- 1&2 Step left foot to left side, rock right foot behind left, recover weight onto left 左足左踏, 右足於左足後下沉, 左足回復
- 3&4 Step right foot to right side, rock left foot behind right, recover weight onto right 右足右踏, 左足於右足後下沉, 右足回復
- 5 Make a 1/4 turn left stepping forward on left foot (3.00)
左轉90度左足前踏(面向3點鐘)
- 6 Make a 1/2 turn left stepping back on right foot
左轉180度右足後踏
- 7&8 Make a 1/2 turn left and triple forward left, right, left
左轉交換-左, 右, 左
-