

Holdin' It Down (風靡全場) (zh)

COPPER KNOB
BY STEPHEN BATES

Count: 64

Wand: 4

Ebene: Advanced

Choreograf/in: Dan McInerney (UK) - 2009年12月

Musik: Here I Come - Fergie : (Album: The Duchess)



前奏 : After 16 counts/8 seconds, just after the drums and before Fergie sings

第一段 Forward, Together, Rock-And, Cross, Hitch And Sit, Recover Touch 前, 併, 下沉回復, 交叉, 抬併坐, 回復 點

- 1, 2 Lean Slightly Back As You Step L Forward And Slightly To The L Diagonal, Step R Together Next To L 左足左斜角略前踏身體向後, 右足併踏
- &3, 4 Rock L To L Side, Recover Weight Onto R, Step L Across R
左足左下沉, 右足回復, 左足於右足前交叉踏
- 5&6 Hitch R Knee As You Bump Hips R, Bump Hips L, Step R To R Side As You Straighten R Leg 右膝抬右推臀, 左推臀, 右足右踏右足伸直
- 7, 8 Keep R In Place As You Push Hips Over L Foot, Touch R Next To L
右足不動左推臀, 右足併點

第二段 Touch, Quarter, Step-Heel, Heel, Walk, Hold, Walk, Walk 點, 1/4, 踏-踵, 踵, 走, 候, 走, 走

- 1, 2 Touch R Back, Make 1/4 Turn R Taking Weight Onto R (03:00)
右足後點, 右轉90度重心在右足 (面向3點鐘)
- &3, 4 Step L Forward, Make 1/4 R As You Swivel R Heel 90 Degrees To Centre, Swivel L Heel 90 Degrees To Centre (Weight Ends On Both Feet) (06:00)
左足前踏, 右足踵向中間旋轉90度, 左足踵向中間旋轉90度(重心在雙足)(面向6點鐘)
- 5, 6 Walk L Forward And Slightly Across R, Hold
左足略於右足前交叉走, 候
- 7, 8 Walk R Forward And Slightly Across L, Walk L Forward And Slightly Across R 右足略於左足前交叉走, 左足略於右足前交叉走

第三段 Kick And Rock And Kick Out Out, Forward, Together, Forward, Together 踢併下沉回復, 踢 外 外, 前 併 前 併

- 1&2& Kick R Forward, Step R In Place, Rock L Back, Recover In Place
右足前踢, 右足踏, 左足後下沉, 右足回復
- 3&4 Making 1/4 L Kick L Across R, Step L Out To L Side, Step R To R Side (Feet Shoulder Width Apart) (03:00)
左轉90度左足於右足前交叉踢, 左足左踏, 右足右踏(雙腳分開)(3點鐘)
- 5, 6 Turning Toes Out To L Diagonal Touch L Forward, Step L Shoulder Width Apart From R 左足趾左斜角前點, 左足左踏雙足分開
- 7, 8 Turning Toes Out To R Diagonal Touch R Forward, Step R Shoulder Width Apart From L 右足趾右斜角前點, 右足右踏雙足分開

第四段 And Cross, Quarter, Hold, Walk-Walk, Step, Push, Turn, Up 併 交叉, 1/4, 候, 走-走, 踏, 推, 轉, 站立

- &1, 2 Step L In Place Next To R, Step R Across L, Make 1/4 Turn L As You Step L Forward (12:00)
左足併踏, 右足於左足前交叉踏, 左轉90度左足前踏(面向12點鐘)
- 3&4 Hold, Step R Forward, Step L Forward 候, 右足前踏, 左足前踏
- 5, 6 Step R Forward, Push Hips Forward 右足前踏, 前推臀

- 7 Making 1/2 Turn L Bend Knees Slightly As You Push Hips Around And Down Into A Sit (06:00)
推臀左轉180度雙膝略彎呈坐姿(面向6點鐘)
- 8 Forward Body Roll: Push Hips Forward As You Straighten Up, Following Forward With The Body (Weight On L) 前擺動身體前推臀站立重心在左足

**第五段 Step, Cross, Back Lock Back, Side, Cross, Side Together Side
踏, 交叉, 後鎖步, 側, 交叉, 側併側**

- 1, 2 Step R Forward, Make 1/4 Turn L As You Cross L Over R (03:00)
右足前踏, 左轉90度左足於右足前交叉踏(面向3點鐘)
- 3&4 Step R To R Side, Make 1/4 L As You Lock L Across R, Step R Back (12:00)
右足右踏, 左轉90度左足於右足前鎖踏, 右足後踏(面向12點鐘)
- 5, 6 Make 1/4 L As You Step L To L Side, Cross R Over L (09:00)
左轉90度左足左踏, 右足於左足前交叉踏(面向9點鐘)
- 7&8 Step L To L Side, Step R Next To L, Step L To L Side
左足左踏, 右足併踏, 左足左踏

**第六段 Half Out-Out, Step Touch, Step Quarter Hitch, Bump And Bump
轉外-外, 踏點, 踏1/4抬, 推臀推臀推臀**

- 1&2 Make 1/2 Turn R Hitching R Knee, Step R Out, Step L Out (03:00)
右轉180度右膝抬, 右足右踏, 左足左踏
- 3, 4 Step R Forward, Touch L Next To R
右足前踏, 左足併點
- 5, 6 Step L Forward, Making 1/4 L Hitch R Knee (12:00)
左足前踏, 左轉90度右膝抬(面向12點鐘)
- 7&8 Step R To R Side As You Bump Hips R, Bump Hips Centre, Bump Hips R (Weight Ends On R)
右足右踏右推臀, 左推臀, 右推臀(重心在右足)

**第七段 Step, Brush, And Hitch And Hitch, Step, Brush, Paddle, Paddle
踏, 刷, 抬四次, 踏, 刷, 划槳步**

- 1, 2 Make 1/4 L Stepping L Forward, Brush R Foot Through And Past L (09:00)
左轉90度左足前踏, 右足前刷(面向9點鐘)
- &3&4 Hitch R Knee Up, Lower R Knee Slightly, Hitch R Knee Up, Lower R Knee Slightly 右膝抬, 右膝略低抬, 右膝抬, 右膝略低抬
- 5, 6 Step R Forward, Make 1/4 R Brushing L Through And Past R (12:00)
右足前踏, 右轉90度左足前刷(面向12點鐘)
- 7, 8 Make 1/4 R Pointing L To L Side, Make 1/4 R Pointing L To L Side (06:00)
右轉90度左足左點, 右轉90度左足左點(面向6點鐘)

**第八段 And Point Hitch Side, Lock Out-Out, Sailor Half, Walk, Walk
併點抬側, 右1/4水手步, 1/2水手步, 走走**

- &1&2 Step L In Place, Point R To R Side, Hitch R Knee, Big Step R To R Side (STYLING: Bend Knees On Counts &1& And Straighten As You Step R To R Side) 左足踏, 右足右點, 右膝抬(前三步略彎膝), 右足站直右一大步
- 3&4 Making 1/4 R Lock L Behind R, Step R To R Side, Step L To L Side (09:00)
右轉90度左足於右足後鎖踏, 右足右踏, 左足左踏(面向9點鐘)
- 5&6 Make 1/4 R Stepping Back R, Make 1/4 R Stepping L Slightly To L Side, Step R Slightly Forward (03:00)
右轉90度右足後踏, 右轉90度左足向左踏, 右足略前踏(面向3點鐘)
- 7, 8 Step L Forward And Slightly To The L Diagonal, Step R Forward And Slightly To The R Diagonal
左足略向左斜角前踏, 右足略向右斜角前踏

