

Let's Chill (快樂排舞) (zh)

COPPER KNOB
BY STEPHEN T. S.

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Vivienne Scott (CAN) - 2010年01月

Musik: Ice Cream Freeze (Let's Chill) - Hannah Montana : (CD: Hannah Montana)



前奏 : Intro: 24 counts from the very first note

第一段 Walk Forward X3, Point Side, Walk Backx 3, Point Side 前走三次, 側點, 後走三次, 側點

- 1-2 Walk forward, right, left 前走步-右, 左
- 3-4 Walk forward right, point left to left side (Optional: attitude/pose on count 4!) 右足前走, 左足左點(第4拍自由擺姿勢)
- 5-6 Walk back, left, right 後走步-左, 右
- 7-8 Walk back, left, point right to right side (Optional: attitude/pose on count 8!) 左足後走, 右足右點(第8拍自由擺姿勢)

第二段 Walk Forward X3, Point Side, Walk Back X3, Point Side 前走三次, 側點, 後走三次, 側點

- 1-3 Walk forward, right, left 前走步-右, 左
- 3-4 Walk forward right, point left to left side (Optional: attitude/pose on count 4!) 右足前走, 左足左點(第4拍自由擺姿勢)
- 5-7 Walk back, left, right 後走步-左, 右
- 7-8 Walk back, left, point right to right side (Optional: attitude/pose on count 8!) 左足後走, 右足右點(第8拍自由擺姿勢)

第三段 Tap Right Heel X3, Step Together, Tap Left Heel X3, Step Together 右踵點三次, 併踏, 左足踵點三次, 併踏

- 1-4 Tap right heel on right diagonal x3, step right beside left
右足踵右斜角點三次, 右足併踏
- 5-8 Tap left heel on left diagonal x3, step left beside right
左足踵左斜角點三次, 左足併踏

Alternative: 選擇版

- 1-4 With right toe pointed to right side, tap heel four times stepping down on right on count 4 右足趾右點, 右足踵重覆點4次, 第4拍右足踏
- 5-8 Touch left toe to left side and tap left heel four times stepping down on count 8 左足趾左點左足踵重覆點4次, 第8拍左足踏

第四段 Point Side, Touch, Point Side, Touch, Turning Walks 側點, 併點, 側點, 併點, 四步轉1/4

- 1-2 Point right toe to right side, touch right beside left
右足趾右點, 右足併點
- 3-4 Point right toe to right side, touch right beside left
左足趾右點, 右足併點
- 5-8 Walk right, left, right, left making 1/4 turn left, waving hands high from side to side starting from the left
走四步左轉90度-右, 左, 右, 左, 雙手配合從左開始左右搖擺