

La Secret (秘密) (zh)

COPPER KNOB
BY STEPHEN METZ

Count: 0

Wand: 4

Ebene: Intermediate

Choreograf/in: Robbie McGowan Hickie (UK) - 2009年04月

Musik: La Voix - Malena Ernman : (CD: Single - 2:58)



前奏 : Intro: 8 Count intro from Main Beat – On Vocals 8拍後唱歌起跳

- 第一段** **Diagonal Step with Knee Pop. Recover. Right Sailor. Cross. 1/4 Turn Left. Left Shuffle 1/2 Turn Left.**
斜角踏帶膝彈, 回復, 右水手步, 交叉, 左1/4, 左轉交換
- 1-2 Step Right Diagonally forward popping Left knee forward. Recover on Left popping Right knee forward.
右足斜角前踏左膝前彈, 左足回復右膝前彈
- 3&4 Cross Right behind Left. Step Left beside Right. Step Right to Right side. 右足於左足後交叉踏, 左足併踏, 右足右踏
- 5-6 Cross step Left over Right. Make 1/4 turn Left stepping back on Right. 左足於右足前交叉踏, 左轉90度右足後踏
- 7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 3 o'clock)
左轉交換-左, 右, 左(面向3點鐘)
- 第二段** **Step. Pivot 1/4 Turn Left. Right Cross Shuffle. 1/4 Turn Right. 1/2 Turn Right. Forward Rock.**
踏, 左轉1/4, 右交叉交換, 右1/4, 右1/2, 前下沉
- 1-2 Step forward on Right. Pivot 1/4 turn Left. (Facing 12 o'clock)
右足前踏, 左轉90度(面向12點鐘)
- 3&4 Cross step Right over Left. Step Left to Left side. Cross step Right over Left.
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 5-6 Make 1/4 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right.
右轉90度左足後踏, 右轉180度右足前踏
- 7-8 Rock forward on Left. Rock back on Right. (Facing 9 o'clock)
左足前下沉, 右足回復(面向9點鐘)
- 第三段** **Diagonal Step Back. Drag. & Cross. Side Step Right. Back Rock. Left Kick-Ball-Cross.**
斜角後踏, 拖 & 交叉, 右側踏, 後下沉, 左踢-踏-交叉
- 1-2 Step Left Long step Diagonally back Left. Drag Right towards and beside Left. (Weight on Left)
左足斜角線後一大步, 右足拖併
- 8&3-4 Step ball of Right to Right side and Slightly back. Cross step Left over Right. Step Right to Right side.
右足略右後踏, 左足於右足前交叉踏, 右足右踏
- 5-6 Rock back on Left. Rock forward on Right.
左足後下沉, 右足回復
- 7&8 Kick Left Diagonally forward Left. Step ball of Left beside Right. Cross step Right over Left.
左足斜角前踢, 左足併踏, 右足於左足前交叉踏
- 第四段** **1/4 Turn Left. Hold. & Step. Pivot 1/2 Turn Right. 1/4 Turn Right. Hold. Behind & Cross.**
左1/4, 候, &踏, 右轉1/2, 右1/4, 候, 後 & 交叉
- 1-2 Make 1/4 turn Left stepping forward on Left. Hold. (Facing 6 o'clock) 左轉90度左足前踏, 候(面向6點鐘)
- 8&3-4 Step ball of Right beside Left. Step forward on Left. Pivot 1/2 turn Right. (Facing 12 o'clock)
右足併踏, 左足前踏, 右轉180度(面向12點鐘)
- 5-6 Make 1/4 turn Right stepping Left to left side. Hold. (Facing 3 o'clock) 右轉90度左足左踏, 候(面向3點鐘)
- 7&8 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 第五段** **Left Side Rock. Left Sailor Heel with 1/4 Turn Left. & Cross. 1/4 Turn Right. Back Rock.**
左側下沉, 左轉1/4水手帶點, &交叉, 右1/4, 後下沉
- 1-2 Rock Left out to Left side. Recover weight on Right.
左足左下沉, 右足回復
- 3& Cross Left behind Right making 1/4 turn Left. Step Right beside Left. 左足於右足後交叉左轉90度, 右足併踏

- 4 Touch Left heel Diagonally forward Left. (Facing 12 o'clock)
左足踵斜角前點(面向12點鐘)
- &5-6 Step ball Left back to place. Cross step Right over Left. Make 1/4 turn Right stepping back on Left.
左足回原地踏, 右足於左足前交叉踏, 右轉90度左足後踏
- 7-8 Rock back on Right. Rock forward on Left. (Facing 3 o'clock)
右足後下沉, 左足回復(面向3點鐘)

第六段 Step Forward. 1/2 Turn Right. Right Shuffle 1/2 Turn Right. Forward Rock. Left Coaster Step.
前踏, 右轉1/2, 右轉交換, 前下沉, 左海岸步

- 1-2 Step forward on Right. Make 1/2 turn Right stepping back on Left.
右足前踏, 右轉180度左足後踏
- 3&4 Right shuffle making 1/2 turn Right stepping Right. Left. Right.
右轉交換-右, 左, 右
- 5-6 Rock forward on Left. Rock back on Right. (Facing 3 o'clock)
左足前下沉, 右足回復(面向3點鐘)
- 7&8 Step back on Left. Step Right beside Left. Step forward on Left.
左足後踏, 右足併踏, 左足前踏
- ***See Note Below *** 注意下面Restart的說明

第七段 2x Walks Forward. Right Kick-Ball-Step Forward. Forward Rock. Right Shuffle 1/2 Turn Right.
前走二次, 右踢-併-前踏, 前下沉, 右轉交換

- 1-2 Walk forward on Right. Walk forward on Left.
右足前走, 左足前走
- 3&4 Kick Right forward. Step ball of Right beside Left. Step forward on Left. 右足前踢, 右足併踏, 左足前踏
- 5-6 Rock forward on Right. Rock back on Left.
右足前下沉, 左足後回復
- 7&8 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 9 o'clock)
右轉交換-右, 左, 右(面向9點鐘)

第八段 2x Walks Forward. Left Shuffle Forward. Forward Rock. 1/2 Turn Right. Step Forward.
前走二次, 左前交換步, 前下沉, 右轉1/2, 前踏

- 1-2 Walk forward on Left. Walk forward on Right.
左足前走, 右足前走
- 3&4 Left shuffle forward stepping Left. Right. Left.
左前交換-左, 右, 左
- 5-6 Rock forward on Right. Rock back on Left.
右足前下沉, 左足後下沉
- 7-8 Make 1/2 turn Right stepping forward on Right. Step forward on Left. (Facing 3 o'clock)
右轉180度右足前踏, 左足前踏(面向3點鐘)

Wall 1: **48 Counts**... 第一面牆 : 48拍
Wall 2: 64 Counts... 第二面牆 : 64拍
Wall 3: **48 Counts** + 4 Count TAG... 第三面牆 : 48拍 + 4拍加拍
Wall 4: 64 Counts + 4 Count TAG... 第四面牆 : 64拍 + 4拍加拍
Wall 5: 64 Counts..... 第五面牆 : 64拍
Then dance until End of the Music!!!! 音樂結束

4 Count TAG: Jazz Box Cross (END of Wall 3 - Facing 9 o'clock & END of Wall 4 - Facing 12 o'clock)
4拍加拍 : 爵士方塊(第三面牆面向9點鐘, 第四面牆面向12點鐘)

- 1-4 Cross step Right over Left. Step back on Left. Step Right to Right side. Cross step Left over Right.
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足於右足前交叉踏
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