

Lover - You Let Me Down (為你傾倒)

(zh)

COPPER KNOB
STEPSHEETS

Count: 100

Wand: 2

Ebene: Phrased Higher Intermediate

Choreograf/in: Michael Vera-Lobos (AUS) - 2010年06月

Musik: Giddy On Up - Laura Bell Bundy : (CD: Achin' & Shakin', Album Version Track 7 - 3:30)



Part A A部份 48拍

- 第一段** Cross Scuff, Out Out, Sailor $\frac{1}{4}$ R, Step Fwd, $\frac{1}{2}$ Pivot R, Lock Shuffle Fwd 交叉擦踢 大大, 右1/4轉水手, 踏轉, 前鎖步
- 1&2,3&4 Cross Scuff R over L & Step R out to R, Step L out to L, Sailor $\frac{1}{4}$ R Stepping R,L,R (3:00) 右足於左足交叉擦踢, 右足右踏, 左足左踏
右90度轉水手-右, 左, 右(面向3點鐘)
- 5,6,7&8 Step fwd L, Pivot $\frac{1}{2}$ R, Lock Shuffle fwd L Stepping L,R,L With Attitude (9:00) 左足前踏, 右軸轉180度, 前鎖步-左, 右, 左(面向9點鐘)
- 第二段** Step Fwd, $\frac{1}{2}$ Pivot L, Step Fwd $\frac{1}{4}$ Pivot L, R Heel & L Heel & Step Fwd, Step Fwd 踏, 轉, 踏 1/4, 踵交叉, 右踏, 踵交叉, 併踏, 踏, 踏
- 1-4 Step fwd R, Pivot $\frac{1}{2}$ L, Step fwd R, Pivot $\frac{1}{4}$ L (12:00)
右足前踏, 左軸轉180度, 右足前踏, 左軸轉90度(面向12點鐘)
- 5&6&7,8 Touch R heel across L & Stepping R to R Touch L heel across R & Step L beside R, Step fwd R, Step fwd L
右足踵於左足前交叉點, 右足右踏, 左足踵於右足前交叉點, 左足併踏, 右足前踏, 左足前踏
- 第三段** Diagonal Lock Shuffle Back, Full Spin Back L, Coaster Cross Corner R & Behind & Heel 後交換, 轉轉, 海岸交叉, 右後右 踵點
- 1&2,3,4 Travelling back Diagonal R Lock shuffle back R,L,R, Turn $\frac{1}{2}$ L on L, Turn $\frac{1}{2}$ L on R (12:00)
斜後交換-右, 左, 右, 左轉180度左足踏, 左轉180度右足踏(面向12點鐘)
- 5&6&7&8 Coaster Cross L to R Corner Stepping L,R,L over R & Step R to R straighten to 12:00, Cross L behind R & Step R to R, Touch L heel 45 deg L (11:00)
海岸交叉(左足後踏, 右足併踏, 左足於右足前交叉踏), 右足右踏, 左足於右足後踏, 右足右踏, 左足踵45度前點(面向11點鐘)
- 第四段** Ball Cross, Step Side, Sailor $\frac{1}{4}$ R, Step Fwd L, $\frac{1}{2}$ Pivot R, Full Spin Fwd R 併交叉, 左踏, 3/4轉水手, 踏轉, 右轉圈
- &1,2,3&4 Stepping L to L, Cross R over L (straighten 12:00), Step L to L, Sailor $\frac{3}{4}$ R Stepping R,L,R (9:00)
左足左踏, 右足於左足前交叉踏(轉正面向12點鐘), 左足左踏, 右270度轉水手
- 5-8 Step fwd L, Pivot $\frac{1}{2}$ R (3:00), Full Spin fwd R stepping L then R (3:00)
左足前踏, 右軸轉180度(面向3點鐘), 右轉圈 - 左, 右(面向3點鐘)
- 第五段** Lunge Fwd, Replace, Step Back & $\frac{1}{2}$ R, Step Fwd, Lunge Fwd, Replace, Step Back & $\frac{1}{4}$ L, Cross 曲膝回復, 後踏轉踏, 曲膝回復, 後踏 1/4 交叉
- 1,2,3&4 Lunge fwd L, Replace wt on R, Step back on L & Turn $\frac{1}{2}$ R on R, Step fwd on L (9:00)
左足前曲膝踏, 右足回復, 左足後踏, 右轉180度, 左足前踏(面向9點鐘)
- 5,6,7&8 Lunge fwd R, Replace wt back on L, Step back on R & Turn $\frac{1}{4}$ L on L, Cross R over L (6:00)
右足前曲膝踏, 左足回復, 右足後踏, 左轉90度, 右足於左足前交叉踏(面向6點鐘)
- 第六段** Side Lunge, Replace, $\frac{1}{2}$ Hinge L Side Shuffle L, Rock Fwd, Replace, 1 $\frac{1}{2}$ Triple R 左曲膝, 回復, 1/2轉追步, 下沉 回復, 三步轉1又1/2
- 1,2,3&4 Side Lunge L to L, Replace wt on R, $\frac{1}{2}$ Hinge L Side Shuffle L (12:00)
左足左曲膝, 右足回復, 左轉180度左追步(面向12點鐘)

5,6,7&8 Rock fwd, Replace, 1 ½ Triple back R stepping R,L,R (6:00)
右足前下沉, 左足回復, 三步右轉1圈半-右, 左, 右(面向6點鐘)

Part B B部份 52拍

第一段 **Cross & Heel & Cross & ¼ Heel R & Kick Ball Step Fwd, Twist Heels R & Centre, Twist R ¼ L**
交叉, 右踏, 踵點, 交叉, 右1/4後, 踵點, 踏, 踢, 併, 踏, 右旋轉, 轉回, 左1/4右旋轉

1&2&3&4 Travel fwd – Cross L over R & Step R to R, Touch L heel 45 deg L & Stepping onto L Cross R over L & Turning ¼ R Stepping back on L Touch R heel fwd (9:00)
(往前移) – 左足於右足前交叉踏, 右足右踏, 左足踵45度前踏, 左足踏, 右足於左足前交叉踏, 右轉90度左足後踏, 右足踵前點(面向9點鐘)

&5&6 Stepping onto R Kick L fwd & Stepping L beside R Step fwd on R (9:00)
右足踏, 左足前踢, 左足併踏, 右足前踏(面向9點鐘)

7&8 Twist heels R & Twist Heels to centre, Twisting heels R Turn ¼ L (End wt R facing 6:00)
雙足踵轉向右, 雙足踵轉回, 左轉90度雙足踵轉向右(重心在右足, 面向6點鐘)

第二段 **Behind Side Cross, Side Rock Cross, ¼ R, ¼ R Fwd, Full Triple Spin Fwd R** 後 旁 前, 曼波交叉, 1/4 1/4 三步右轉圈

1&2,3&4 Travel R – Cross L behind R & Step R to R, Cross L over R, Side Rock R to R, Replace wt L, Cross R over
(往右移) – 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏, 右足右下沉, 左足回復, 右足於左足前交叉踏

5,6,7&8 Turning ¼ R Step back on L, Turning a further ¼ R Step fwd onto R (12:00), Full triple Spin fwd R (L,R,L)
右轉90度左足後踏, 右轉90度右足前踏(面向12點鐘), 三步右轉圈-左, 右, 左

第三段 **Cross & Heel & Cross & ¼ Heel L & Kick Ball Step Fwd, Twist Heels L & Centre, Twist L ¼ R**
交叉 左踏 踵點 交叉 1/4 踵點 左踏 踢 併 踏, 左旋轉 轉回 右1/4

1&2&3&4 Travel fwd – Cross R over L & Step L to L, Touch R heel 45 deg R & Stepping onto R Cross L over R & Turning ¼ L Stepping back on R Touch L heel fwd (9:00)
(往前移)右足於左足前交叉踏, 左足左踏, 右足踵45度前點, 右足踏, 左足於右足前交叉踏, 左轉90度右足後踏, 左足踵前點(面向9點鐘)

&5&6 Stepping onto L Kick R fwd & Stepping R beside L Step fwd on L (9:00)
左足踏, 右足前踢, 右足併踏, 左足前踏(面向9點鐘)

7&8 Twist heels L & Twist Heels to centre, Twisting heels L Turn ¼ R (End wt L facing 12:00)
雙足踵轉向左, 雙足踵回轉, 足踵右轉90度(重心在左足, 面向12點鐘)

第四段 **Diagonal Back / Drag, Ball Cross, ¼ R, ¼ R Hip R & Hip L, Hip R ¼ R, ¼ R Hip L & R, ¼ R Hip L**
後斜踏, 拖併, 併 交叉, 1/4, 1/4右推臀, 左推臀, 右1/4右推臀, 右1/4左推臀, 右踏, 右1/4左推臀

1,2&3,4 Step back R on Diagonal 11:00, Drag L towards R & Stepping L to L (straighten 12:00), Cross R over L, Turn ¼ R Stepping back on L (3:00)
右足斜後踏(面向11點鐘), 左足拖併, 左足左踏(轉正12點鐘), 右足於左足前交叉踏, 右轉90度左足後踏(面向3點鐘)

5&6,7&8 Turning ¼ R Step R to R pushing Hip R & Push Hip L, Push Hip R turning ¼ R on R (9:00), Turning a further ¼ R Step L to L pushing Hip L & Push Hip R, Turning a further ¼ R Push hip L stepping back on L (3:00)
右轉90度右足右踏右推臀, 左推臀, 右轉90度右推臀(9點鐘)
右轉90度左足左踏左推臀, 右推臀, 右轉90度左推臀左足後踏(面向3點鐘)

RESTART: On Wall 3 Dance to count 80 & Restart Dance from Part B Stepping onto R on the & Count (3:00) 第三面牆跳至此, 從B部份開始起跳(面向3點鐘)

第五段 **Ball Step, Step Fwd, Step Fwd, ½ Pivot R, Lock Shuffle Fwd L, Full Spin Fwd L** 併, 踏 踏 踏 轉, 前鎖步, 轉轉

&1-4 Stepping back on ball of R foot Push fwd onto L, Step fwd on R, Step fwd L, Pivot ½ R (9:00)
右足後踏, 左足前踏, 右足前踏, 左足前踏, 右轉180度(面向9點鐘)

5&6,7,8 Lock Shuffle fwd L Stepping L,R,L, Full Spin fwd L Stepping on R then L (9:00)
前鎖步-左, 右, 左, 左轉180度右足踏, 左180度左足踏(面向9點鐘)

- 第六段** **Out Out, Tap Beside/Click R, Step Fwd, ¼ Pivot L, Cross Samba Fwd, Cross Samba** 大, 大, 併點(右彈指), 踏 轉1/4, 交叉森巴, 交叉森巴
- &1,2 Step feet Out out Stepping R then L, Tap R beside L whilst Clicking R hand 右足右前踏, 左足左前踏, 右足併點右手彈指
- 3,4 Step fwd R, Pivot ¼ L (End Wt L facing 6:00)
右足前踏, 左軸轉90度(重心在左足, 面向6點鐘)
- 5&6,7&8 Cross Samba fwd on R Stepping R,L,R, Cross Samba fwd on L Stepping L,R,L
交叉森巴-右, 左, 右, 交叉森巴-左, 右, 左

第七段 **Step Fwd, ½ Pivot L, Step Fwd ½ Pivot L** 踏 轉, 踏 轉

- 1-4 Step fwd R, Pivot ½ L, Step fwd R, Pivot ½ L (6:00)
右足前踏, 左軸轉180度, 右足前踏, 左軸轉180度(面向6點鐘)

TAG: At the END of Wall 1 add the following 8 counts
加拍：第一面牆結束後加8拍

Cross Rock, Replace, 1 ¼ Triple R, Step Fwd, ¾ Pivot R, Side Shuffle L 交叉下沉 回復, 右轉1又1/4圈, 踏3/4, 左追步

- 1,2,3&4 Cross Rock R over L, Rock back on L, Triple Spin 1 ¼ R Travelling R (9:00)
右足於左足前交叉下沉, 左足回復, 三步右轉1又1/4圈(面向9點鐘)
- 5,6,7&8 Step fwd L, Pivot ¾ R (End facing 6:00 wt on R) Side Shuffle L Stepping L,R,L (6:00)
左足前踏, 右軸轉270度(重心在右足, 面向6點鐘), 左追步-左, 右, 左(面向6點鐘)

FINISH: Dance to count 94 & Add the following Steps
結束：跳至B部份第六段第6拍時跳下面4拍做結束

- 7&8 Cross L over R & Turning ¼ L Step back on R, Touch L heel fwd
左足於右足前交叉踏, 左轉90度右足後踏, 左足踵前點
- &1,2 & Stepping L beside R, Step fwd on R, Drag L towards R
左足併踏, 右足前踏, 左足拖併
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