

Make You Sweat (香汗淋漓) (zh)

COPPER KNOB
STEPSHEETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Ria Vos (NL) - 2010年06月

Musik: Uhh La La La - Chi Hua Hua : (CD: Dansk Melodi Grand Prix)



前奏 : Intro: 24 counts, start on vocals

- 第一段** Side, Touch, Side, Kick, Behind, ¼ Turn L, Step Fwd, Step, Pivot ½ Turn R, Step, Full Triple Turn L
右踏併點左踏踢, 後1/4踏, 踏轉踏, 轉轉踏
- 1& Step R to Right Side, Touch L Next to R
右足右踏, 左足併點
- 2& Step L to Left Side, Kick R to Right Diagonal
左足左踏, 右足右斜角前踢
- 3&4 Step R Behind L, ¼ Turn Left Step Fwd on L, Step Fwd on R (9:00)
右足於左足後踏, 左轉90度左足前踏, 右足前踏(面向9點鐘)
- 5&6 Step Fwd on L, Pivot ½ Turn Right, Step Fwd on L (3:00)
左足前踏, 右軸轉180度, 左足前踏(面向3點鐘)
- 7&8 ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L, Step Fwd on R (3:00) 左轉180度右足後踏, 左轉180度左足前踏, 右足前踏(面向3點鐘)

第二段 Rocking Chair, Step Pivot ¼ Turn R, Cross, Toe Struts, Chasse R
搖椅步, 踏1/4交叉, 趾踵交叉趾踵, 右追步

- 1&2& Rock Fwd on L, Recover on R, Rock Back on L, Recover on R
左足前下沉, 右足回復, 左足後下沉, 右足回復
- 3&4 Step Fwd on L, Pivot ¼ Turn Right, Cross L Over R (6:00)
左足前踏, 右軸轉90度, 左足於右足前交叉踏(面向6點鐘)
- 5&6& Step R Toe to Right Side, Drop R Heel, Cross L Toe Over R, Lower L Heel
右足趾右點, 右足踵踏, 左足趾於右足前交叉點, 左足踵踏
- 7&8 Step R to Right Side, Step L Next to R, Step R to Right Side
右足右踏, 左足併踏, 右足右踏

RESTART: There is one restart on wall 3 after count 16, Add: Step L Next to R on the '&' Count and start again from count 1 (12:00)

第三面牆跳至此, 加跳&拍左足併踏, 面向12點鐘從頭起跳

Arms 手勢 Count 5-8: When he sings "From the tip of your toes to the top of your head"當唱到"From the tip of your toes to the top of your head"時, 加做手部動作

- 5& Both arms to Right Side, Snap fingers 雙手伸向右, 彈手指
- 6& Both arms to Left Side, Snap Fingers 雙手伸向左, 彈手指
- 7&8 Both hands to Right side above your head palms facing out, "push up" twice 雙手伸向右高過頭, 手掌向外, 向上推兩次

第三段 Sway Out L, Sway Out R, Coaster Step, Jazz box ¼ Turn R, Lock Step Fwd
大(擺臀), 大(擺臀), 海岸步, 爵士方塊帶右1/4, 前鎖步

- 1-2 Step Out and Fwd on L with Hip Sway, Step Out on R with Hip Sway
左足左前踏帶擺臀, 右足右前踏帶擺臀
- 3&4 Step Back on L, Step R Next to L, Step Fwd on L
左足後踏, 右足併踏, 左足前踏
- 5&6 Cross R Over L, ¼ Turn Right Step Back on L, Step R to Right Side (9:00)
右足於左足前交叉踏, 右轉90度左足後踏, 右足右踏(面向9點鐘)
- 7&8 Step Fwd on L, Lock R Behind L, Step Fwd on L
左足前踏, 右足於左足後鎖踏, 左足前踏

第四段 Mambo Fwd, Run Back x3, Point, Hitch, Point, Flick, Big Side Step, Together 前曼波, 後跑三次, 點抬點後抬, 右大步併踏

- 1&2 Rock Fwd on R, Recover on L, Step Back on R
右足前下沉, 左足回復, 右足後踏
- 3&4 "Run" Back Stepping L, R, L 後跑步-左, 右, 左
- 5&6& Point R to Right Side, Hitch R, Point R to Right Side, Flick R Behind L Leg 右足右點, 右足抬, 右足右點, 右足後抬
- 7-8 Step R Large Step to Right Side Dragging L Towards R, Step L Next to R 右足右大步左足拖併, 左足併踏
- Arms 手勢 Count 5-8: When he sings "From the tip of your toes to the top of your head"
當唱到"From the tip of your toes to the top of your head"的手勢
- 5-6 R arm to Right Side Snap fingers, Repeat on count 6
右手伸向右彈指, 重覆一次
- 7-8 Swing R arm around above head palm of hand facing up
右手繞高舉向上推
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