

# It's A Replay (一直重播) (zh)

COPPER KNOB  
BY STEPHEN T. S.

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Joyce Plaskett (UK) - 2010年04月

Musik: Replay - Iyaz



前奏 : Intro: 16 counts 16拍後起跳

## 第一段 Forward Rumba Box, Left Hip Bumps X3, Right Hip Bumps X3 倫巴方塊, 左推臀三次, 右推臀三次

- 1&2 Left to side, step right together, step left forward  
左足左踏, 右足併踏, 左足前踏
- 3&4 Right to side, step left together, step right back  
右足右踏, 左足併踏, 右足後踏
- 5&6 Step left back bumping hips left (back), bump hips right (forward), bump hips left (back) 左足後踏  
後推臀, 右前推臀, 左後推臀
- 7&8 Step right back bumping hips right (back), bump hips left (forward), bump hips right (back) 右後推  
臀, 左前推臀, 右後推臀

## 第二段 Left Shuffle Forward, Right Step Turn Step, Full Turn Right, Right Kick Ball Change 前交換, 踏轉 踏, 轉轉踏, 踢併踏

- 1&2 Chassé forward left, right, left  
前交換-左, 右, 左
- 3&4 Step right forward, turn ½ left, step right forward  
右足前踏, 左轉180度, 右足前踏
- 5&6 Turn ½ right and step left back, turn ½ right and step right forward, step left forward 右轉180度左  
足後踏, 右轉180度右足前踏, 左足前踏
- 7&8 Kick right forward, step to ball of right, step left forward  
右足前踢, 右足踏, 左足前踏

## 第三段 Right Rocking Chair, Right Side Rock Cross, Left Lock Step Back, Sailor ¼ Turn 搖椅步, 曼波交 叉, 後鎖步, 1/4轉水手

- 1& Rock right forward, rock left back, rock right back, rock left forward 右足前下沉, 左足後下沉, 右足  
後下沉, 左足前下沉
- 3&4 Rock right to side, recover to left, cross right over left  
右足右下沉, 左足回復, 右足於左足前交叉踏
- 5&6 Step left back, cross right over left, step left back  
左足後踏, 右足於左足前交叉踏, 左足後踏
- 7&8 Cross right behind left, turn ¼ right and step left together, step right in place 右足於左足後交叉踏,  
右轉90度左足併踏, 右足踏

## 第四段 Left Cross, Right Side, Sailor ¼ Turn, Walk Twice, Mambo Step 交叉, 右, 1/4轉水手, 走走, 前曼波

- 1-2 Left over right, right to side  
左足於右足前交叉踏, 右足右踏
- 3&4 Cross left behind right, turn ¼ left and step right together, step left in place 左足於右足後交叉踏,  
左轉90度右足併踏, 左足踏
- 5-6 Step right forward, step left forward  
右足前踏, 左足前踏

7&8 Rock right forward, recover to left, step right together  
右足前下沉, 左足回復, 右足併踏

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