

It's Up To You (悉聽尊便) (zh)

COPPER KNOB
BY STEPHEN METZ

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Kim Ray (UK) - 2006年01月

Musik: It's Up To You - Barbra Streisand : (CD: Guilty Too)



前奏 : start on vocals 唱歌起跳

第一段 Step Forward, ½ Rumba Box, Step Back, Coaster Step, ½ Pivot Left 前踏, 1/2 倫巴方塊, 後踏, 海岸步, 左轉1/2

- 1 Step forward on right 右足前踏
- 2&3 Side step to left, step right next to left, step back on left
左足左踏, 右足併踏, 左足後踏
- 4 Step back on right 右足後踏
- 5&6 Step back on left, step right next to left, step forward on left
左足後踏, 右足併踏, 左足前踏
- 7-8 Step forward on right, ½ pivot turn left 右足前踏, 左轉180度

第二段 Full Turn Right, Syncopated Weave With Sweep, Side Step Left, Rock Back Recover 右轉圈, 變奏旋繞華倫步, 左足併踏, 後下沉 回復

- 1-2 Keeping feet where they are and ½ pivot turn right (weight on right), ½ turn right stepping back on left
右轉180度 (重心在右足), 右轉180度左足後踏
- &3&4 Sweep right out and back, cross right behind left, step left to left side, cross right in front of left
右足旋繞至後, 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 5 Step left to left side 左足左踏
- 6-7 Rock back on right, recover forward on left 右足後下沉, 左足回復

第三段 Chassis, Cross Rock Recover, Chassis ¼ Turn, ¼ Turn Side Step 走步, 交叉下沉回復, 轉1/4走步, 轉1/4側踏

- 8&1 Step right to right side, step left next to right, step right to right side 右足右踏, 左足併踏, 右足右踏
- 2-3 Cross rock left over right (facing right diagonal), recover back on right 左足於右足斜角線交叉下沉, 右足回復
- 4&5 Step left to left side, step right next to left, ¼ turn left stepping forward on left 左足左踏, 右足併踏, 左轉90度左足前踏
- 6 ¼ turn left stepping right to right side 左轉90度右足右踏
- 7&8 Rock back on left, recover on right, point left toe to left side (weight on right) 左足後下沉, 右足回復, 左足趾左點 (重心在右足)

第四段 Rock Back Recover & Step Forward, ½ Pivot Turn, Shuffle Forward, Full Turn, Step Forward On Right, Left Next To Right 後下沉回復 & 前踏, 踏轉1/2, 前交換步, 轉圈, 右足前踏, 左足併踏

- 1&2 Rock back on left, recover on right, step forward on left
左足後下沉, 右足回復, 左足前踏
- 3-4 Step forward on right, ½ pivot turn left 右足前踏, 左轉180度
- 5&6 Step forward on right, step left next to right, step forward on right (getting ready to full turn right)
右足前踏, 左足併踏, 右足前踏 (準備做右轉FULL TURN)
- 7 Stepping down on left foot and lifting right foot up and across left ankle make full turn right
右後轉左足後踏右足抬起交叉於左足踝前右轉

8& Step forward on right, step left next to right 右足前踏, 左足併踏

NOTE: Counts 8& of Section 4 and Count 1 of Section 1 will make a right shuffle forward. 第四段第8拍及加(&)拍, 與第一段連成一個右足前交換
