

Badda-Boom! Badda-Bang! (舞會) (zh)

COPPER KNOB
STEPSHEETS

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Karen Hadley (UK)

Musik: Freddie Said - Barry Manilow : (CD: Here At The Mayflower)



第一段 RIGHT HEEL TOUCHES TWICE, COASTER STEP, LEFT HEEL TOUCHES TWICE, COASTER STEP 右足踵點二次, 海岸步, 左足踵點二次, 海岸步

1-2 Touch right heel forward twice 右足踵點二次

3&4 Step back on right, step left beside right, step forward on right
右足後踏, 左足併踏, 右足前踏(後-旁-前)

5-6 Touch left heel forward twice 左足踵點二次

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(後-旁-前)

第二段 BOOGIE WALKS FORWARD, SHUFFLE FORWARD, FORWARD ROCK, ½ SHUFFLE TURN LEFT 斜角前走步, 前交換, 前下沉, 左轉1/2交換

1-2 Step right forward to right diagonal, step left forward to left diagonal 右足右斜角線前踏, 左足左斜角線前踏

Optional arm: swing both arms up to right side, swing both arms up to left side 手勢: 雙手高舉搖至右邊, 雙手高舉搖向左邊

3&4 Step forward on right, step left beside right, step forward on right
右足前踏, 左足併踏, 右足前踏(shuffle)

5-6 Rock forward on left, rock back on right 左足前下沉, 右足後下沉

7&8 Shuffle ½ turn left, stepping: left, right, left
左轉180度交換步(左, 右, 左)

第三段 MODIFIED JAZZ BOX, (TWICE) 修正爵士方塊二次

1-2 Cross step right over left, step back on left
右足於左足前交叉踏, 左足後踏

&3-4 Step right to right side, cross step left over right, touch right toe to right side 右足右踏, 左足於右足前交叉踏, 右足趾右點

5-6 Cross step right over left, step back on left
右足於左足前交叉踏, 左足後踏

&7-8 Step right to right side, cross step left over right, touch right toe to right side 右足右踏, 左足於右足前交叉踏, 右足趾右點

第四段 CROSS, ¼ TURN RIGHT, COASTER STEP, MODIFIED LOCKS STEPS 交叉, 右轉1/4, 海岸步, 修正鎖步

1-2 Cross step right over left, step left to left side turning ¼ turn right 右足於左足前交叉踏, 右轉90度左足左踏

3&4 Step back on right, step left beside right, step forward on right
右足後踏, 左足併踏, 右足前踏

5&6 Step forward on left, lock step right behind left, step forward on left 左足前踏, 右足於左足後鎖步, 左足前踏

&7&8

Step forward on right, lock step left behind right, step forward on right, Step forward on left
右足前踏, 左足於右足後鎖步, 右足前踏, 左足前踏

Easier alternative 簡易版

Lock step right behind left, step forward on left, lock step right behind left, step forward on left
右足於左足後鎖步, 左足前踏, 右足於左足後鎖步, 左足前踏
