

She-Wolf (狼女) (zh)

COPPER KNOB
STEPSHETS

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Levi J Hubbard (USA) - 2009年08月

Musik: She Wolf - Shakira



前奏 : Intro: 32 Counts after the main beat kicks in

第一段 **Cross, Side Step, Sailor Step, Cross, ¼ L, Coaster**
交叉, 側踏, 水手步, 交叉, 左1/4, 海岸步

123&4 Cross R over L, Step L to L, Cross R behind L, Step L to L, Step R to R
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足左踏, 右足右踏

567&8 Cross L over R, ¼ L step R back, Step L back, Step together R, step L fwd [9:00]
左足於右足前交叉踏, 左轉90度右足後踏, 左足後踏, 右足併踏, 左足前踏(面向9點鐘)

第二段 **Full Turn L, Fwd Rock-Recover, Coaster Cross, Side Rock Cross**
左轉圈, 前下沉回復, 海岸交叉, 側下沉回復交叉

1-4 1/2 L step R back, ½ L step L fwd, Rock R fwd, Recover L [9:00]
左轉180度右足後踏, 左轉180度左足前踏, 右足前下沉, 左足回復(面向9點鐘)

5&67&8 Step R back, Step together L, cross R over L, Rock L to L, Recover R, **cross L over R**
右足後踏, 左足併踏, 右足於左足前交叉踏, 左足左下沉, 左足回復, 左足於右足前交叉踏

第三段 **Side Step, Behind, Shoulder Push, Sync Turn L, Fwd Rock-Recover**
側踏, 後, 推肩, 左同步轉, 前下沉回復

1-4 Step R to R, Cross L behind R, Rock R to R (pushing your R shoulder up), Recover L (dropping your R shoulder & push your L shoulder up & slightly kick your R)
右足右踏, 左足於右足後交叉踏, 右足右下沉(右推肩), 左足回復(右肩下, 左肩上, 右足略踢)

5&678 Cross R behind L, ¼ L step L fwd, step R fwd, Rock L fwd, Recover R [6:00]
右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏, 左足前下沉, 右足回復(面向6點鐘)

第四段 **½ Triple L, Fwd, ½ L, Step-Touch-Step-Touch**
左小三步轉, 前, 左1/2, 踏點踏點

1&234 Triple turn ½ L on L-R-L, Step R fwd, pivot ½ L [6:00]
小三步左轉180度-左, 右, 左, 右足前踏, 左軸轉180度(面向6點鐘)

56 Step R diagonally fwd, Touch L together (snap fingers)
右足略斜前踏, 左足併點(彈手指)

78 Step L diagonally fwd, Touch R together (snap fingers)
左足略前踏, 右足併點(彈手指)

TAG: AFTER the 4th wall facing 12:00

加拍 : 第四面牆面向12點鐘

1&2 Step R fwd while bumping hips R-L-R
右足前踏帶推臀-右, 左, 右

3&4 Step L fwd while bumping hips L-R-L
左足前踏帶推臀-左, 右, 左

5&6 Step R fwd while bumping hips R-L-R
右足前踏帶推臀-右, 左, 右

78 Step L fwd, pivot ½ R [6:00]
左足前踏, 右軸轉180度(面向6點鐘)

9-16 Repeat counts 1&23&45&678 above with L lead. [12:00]
以左足起跳重覆前面8拍動作(面向12點鐘)