

Stomp & Kick (開心踢踏) (zh)

COPPER KNOB
STEPSHETS

Count: 40

Wand: 4

Ebene: Intermediate

Choreograf/in: Kate Sala (UK) - 2010年02月

Musik: Don't Lose Any Sleep Over You - Amy Diamond



前奏： Start after 16 Count Intro. 16拍後起跳

- 第一段** **Jazz Box With Toe Struts, Jump, Chasse Right, Sailor Step With 1/4 Turn Left.** 爵士方塊趾踵帶跳, 右追步, 1/4轉水手
- 1&2& Cross R Toe over L. Drop R heel to floor. Step back on L Toe. Drop L heel to floor. 右足趾於左足前交叉點, 右足踵踏, 左足趾後點, 左足踵踏
- 3&4 Step R Toe to R side. Drop R heel to floor. Jump in place bringing in L next to R. 右足趾右點, 右足踵踏, 左足併跳
- 5&6 Step R to R side. Step L next to R. Step R to R side. 右足右踏, 左足併踏, 右足右踏
- 7&8 Cross step L behind R. Turn 1/4 L stepping R to R side. Step L slightly forward. (9 o'clock) 左足於右足後交叉踏, 左轉90度右足右踏, 左足略前踏(面向9點鐘)
- 第二段** **Stomp, Stomp, Kick, Out, Out, Ball Step, Rock Forward, Shuffle 1/2 Turn Right.** 重踏 重踏 踢, 大大小踏, 轉交換
- 1&2 Stomp R down in place. Stomp L down in place. Kick forward with Right. 右足重踏, 左足重踏, 右足前踢
- &3 Step on R out to R side. Step on L out to L side. 右足右踏, 左足左踏
- &4 Step down on ball of R into centre. Step forward on L. 右足回踏, 左足前踏
- 5-6 Rock forward on R. Recover onto L. 右足前下沉, 左足回復
- 7&8 Turn 1/4 R stepping R out to R side. Step L next to R. Turn 1/4 R stepping forward on R. (3 o'clock) 右轉90度右足右踏, 左足併踏, 右轉90度右足前踏(面向3點鐘)
- 第三段** **Side Strut L, Cross Rock Back, Kick Forward, Rock Back, Charleston Step, Rock Back.** 趾踵, 後交叉 回復, 踢 併 後下沉 回復, 查爾斯頓步, 後下沉 回復
- 1&2& Step L Toe to L side. Drop L heel to floor. Cross rock back on R behind L. Recover on L. 左足趾左點, 左足踵踏, 右足後交叉下沉, 左足回復
- 3&4& Kick R foot forward. Step R down in place. Rock back on L. Recover onto R. 右足前踢, 右足踏, 左足後下沉, 右足回復
- 5-6 Step forward on L. Swing R foot round from back to front touching R toe forward. 左足前踏, 右足由後繞前足趾前點
- 7 Swing R foot round from front to back stepping back on R. 右足由前繞至後踏
- 8& Rock back on L. Recover onto R. (3 o'clock) 左足後下沉, 右足回復(面向3點鐘)
- 第四段** **Walk Forward x2, Mambo Forward, Turn 1/2 Right x2, Touch Right Next to Left, Bump Hip.** 走走, 前曼波, 轉轉, 併點, 推臀
- 1-2 Walk forward on L, R. 左足前走, 右足前走
- 3&4 Rock forward on L. Recover onto R. Step back on L. 左足前下沉, 右足回復, 左足後踏
- 5-6 Make 1/2 turn R stepping forward on R. Make 1/2 turn R stepping back on L. 右轉180度右足前踏, 右轉180度左足後踏
- 7&8 Touch R toe next to L instep. Bump R hip to R side. Recover onto L. (3 o'clock) 右足趾併點, 右足右踏右推臀, 左足回復(面向3點鐘)

第五段 Right Side Rock & Cross, Left Side Rock & Cross, Step Pivot 1/2 Turn L. Kick, Turn 1/2 L, Kick. 曼波交叉, 曼波交叉, 踏轉, 踢轉踢

1&2 Rock out on R to R side. Recover onto L. Cross step R over L & stepping slightly forward. 右足右下沉, 左足回, 右足於左足前交叉踏

3&4 Rock out on L to L side. Recover onto R. Cross step L over R & stepping slightly forward. 左足左下沉, 右足回復, 左足於右足前交叉踏

5-6 Step forward on R. Pivot 1/2 Turn L. 右足前踏, 左軸轉180度

7-8 Kick R foot forward. Pivot 1/2 turn on ball of L kicking R foot forward. (3 o'clock) 右足前踢, 左轉180度右足前踢(面向3點鐘)

TAG: 8 Count Tag is danced everytime you face the back & front wall.

END of wall 2 facing 6 o'clock. END of wall 4 facing 12 o'clock. END of wall 6 facing 6 o'clock.

分別在第二面牆(面向6點鐘), 第四面牆(面向12點鐘), 第六面牆(面向6點鐘)時,加做下面8拍

Cross Rock, Chasse Right With 1/4 Turn Right, Step Pivot 3/4 Turn R, Chasse Left. 交叉下沉 回復, 追步轉, 踏轉3/4, 左追步

1-2 Cross rock on R over L. Recover onto L. 右足於左足前交叉下沉, 左足回復

3&4 Step R to R side. Step L in next to R. Make 1/4 turn R stepping forward on R. 右足右踏, 左足併踏, 右轉90度右足前踏

5-6 Step forward on L. Pivot 3/4 turn R. 左足前踏, 右軸轉270度

7&8 Step L to L side. Step R in next to L. Step L to L side. 左足左踏, 右足併踏, 左足左踏

ENDING: You will finish the dance with Rock step shuffle 1/2 turn to face 9 o'clock on count 8 section 2. Then turn 1/4 R stepping L to L side for the last beat of the song to face 12 o'clock.

最後跳至第二段第8拍轉交換時會面向9點鐘, 加做右轉90度左足左踏面向12點鐘做結束
