

Loosen Up (放鬆自己) (zh)

COPPER KNOB
STEPSHEETS

Count: 64

Wall: 4

Level: Intermediate/Advanced

Choreographer: Robert Lindsay (UK), Pat Stott (UK) & Lizzie Stott (UK) - 2008年08月

Music: Turn Me Loose - Young Divas



第一段 Walk, Walk, Together, Push Back, Knee Pops, Kick 走, 走, 併, 後推, 膝動, 踢

- 1 – 2 Walk forward – right, left 前走步-右, 左
3 – 4 Close right to left bending knees, push bottom back
右足併踏(彎膝), 後推臀
5 – 8 Right knee pops – in, out, in, kick right to right diagonal
右膝移動-內, 外, 內, 右足右斜角線踢

第二段 Behind, Side, Cross Shuffle, Large Side Step, Drag Right Towards Left, Ball Cross 後, 側, 交叉交 換, 側大步, 右拖併, 交叉

- 1 – 2 Cross right behind left, step left to left
右足於左足後交叉踏, 左足左踏
3 & 4 Cross right over left, left to left, cross right over left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
5 – 7 Large step to left, drag right towards left over 2 beats
左一大步, 右足2拍拖併至左足
& 8 Step on ball of right next to left, cross left over right
右足併踏, 左足於右足前交叉踏

第三段 Side, Behind, ¼ Turning Shuffle, Heel, Hold, Heel, Switch, Heel, Switch 側, 後, 1/4轉交換, 踵, 候, 踵, 交換, 踵, 交換

- 1 – 2 Step right to right, cross left behind right
右足右踏, 左足於右足後交叉踏
3 & 4 Turn ¼ right and shuffle forward – right, left, right (advanced 1 ¼ turning shuffle)
右轉90度前交換-右, 左, 右(進階版:270度轉交換)
5 – 6 Left heel forward, hold 左足踵前點, 候
&7&8& Close left to right, right heel forward, close right to left, left heel forward, close left to right
左足併踏, 右足踵前點, 右足併踏, 左足踵前點, 左足併踏

第四段 Rock Forward, Recover, Rock Back, Recover, Rock Forward, Recover 1 ½ Turning Shuffle 前下 沉, 回復, 後下沉, 回復, 前下沉, 1 ½轉交換

- 1 – 2 Rock forward on right, recover on left 右足前下沉, 左足回復
3 – 4 Rock back on right turning body and look back, recover forward on left (squaring up again)
右足後下沉轉動身體向後看, 左足前回復(轉正)
5 – 6 Rock forward on right, recover on left 右足前下沉, 左足回復
7 & 8 Turning 1 ½ right shuffle right, left, right
轉三次180度交換步-右, 左, 右

第五段 Rock Forward, Recover, Rock Back, Recover, Rock Forward, Recover, 1 ¼ Turning Chasse to Left

- 前下沉, 回復, 後下沉, 回復, 前下沉, 回復, 轉1 ¼左追步
1 – 2 Rock forward on left, recover on right 左足前下沉, 右足回復

- 3 – 4 Rock back on left turning body and look back, recover forward on right (squaring up again) 左足後下沉轉動身體向後看, 右足前回復(轉正)
- 5 – 6 Rock forward on left, recover on right 左足前下沉, 右足回復
- 7 & 8 Turning chasse 1 ¼ to left 左轉三次90度

第六段 Cross, Rock, Side, Rock, Cross, (Cuban Break Step) Hitch Hold, Lunge, Recover and Flick, Chasse to Left
交叉, 下沉, 側, 下沉, 交叉, 鉤候, 曲膝, 回復 & 抬, 左追步

- 1 & 2& Cross right over left, recover, rock right to right, recover 右足於左足前交叉踏, 左足回復, 右足右下沉, 左足回復
- 3 – 4 Cross right over left, hitch left and hold and push hands forward (as if you are saying “stop”) 右足於左足前交叉踏, 左足鉤&候&雙手前推(喊”Stop”)
- 5 – 6 Lunge left to left, recover onto right flicking left foot behind right 左足左曲膝踏, 重心回右足左足於右足後輕抬
- 7 & 8 Chasse to left side 左追步

第七段 ‘V Step’, Hitch, Coaster ¼ Turn V字型踏, 鉤, 轉1/4海岸步

- 1 – 2 Step forward and out on right, step forward and out on left 右足右外前踏, 左足左外前踏(成V字型)
- 3 – 4 Step back on right, close left to right 右足後踏, 左足併踏
- 5 – 6 Turning to left diagonal step forward on right, hitch left knee 左轉45度右足前踏, 左膝鉤
- 7 & 8 Coaster step turning ¼ right to face right diagonal 右轉90度海岸步面向右斜角線

第八段 Step, Hitch, Coaster Step Squaring Up, 2 x 1/8th Paddles Rolling Hips Round 踏, 鉤, 回正面海岸步, 二次1/8划槳搖臀

- 1 – 2 Step forward on right towards right diagonal, hitch left knee up 右足右斜角線前踏, 左膝鉤起
- 3 & 4 Step back on left, close right to left squaring up, step forward on left 左足後踏, 右足正面併踏, 左足前踏
- 5 – 8 Paddle turn 1/8th left rolling hips anti clockwise, paddle turn 1/8th left rolling hips anti clockwise 左轉45度划槳步逆時針搖臀, 左轉45度划槳逆時針搖臀
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