

Enjoy Yourself! (盡情享受) (zh)

COPPER KNOB
STEPPERS

Count: 32

Wall: 4

Level: Improver

Choreographer: Gaye Teather (UK) - 2010年10月

Music: Enjoy Yourself - Billy Currington



前奏 : 32 Count Intro 32拍後起跳

第一段 Step, Hold, Forward Rock, Walk Back Twice, Coaster Cross 踏 候, 下沉 回復, 後走 後走, 海岸交叉

- 1-2 Step Right Forward, Hold 右足前踏, 候
3-4 Rock Left Forward, Recover To Right 左足前下沉, 右足回復
5-6 Step Left Back, Step Right Back 左足後踏, 右足後踏
7&8 Step Left Back, Step Right Together, Cross Left Over Right
左足後踏, 右足併踏, 左足於右足前交叉踏

第二段 Side, Together, Shuffle Forward, Side, Drag, Touch Out, Touch In 右 併, 前交換, 左大步 拖併, 右點 併點

- 1-2 Step Right To Side, Step Left Together 右足右踏, 左足併踏
3&4 Chassé Forward Right, Left, Right 前交換-右, 左, 右
5-6 Long Step Left On Left, Drag Right To Touch Beside Left
左足左大步, 右足拖併點
7-8 Touch Right To Side, Touch Right Together 右足右點, 右足併點

第三段 Back Rock, Chasse Right, Cross Rock, Chasse Left 後下沉 回復, 右追步, 交叉下沉 回復, 左追步

- 1-2 Rock Right Back, Recover To Left 右足後下沉, 左足回復
3&4 Chassé Side Right, Left, Right 右追步-右, 左, 右
5-6 Cross/Rock Left Over Right, Recover To Right
左足於右足前交叉下沉, 右足回復
7&8 Chassé Side Left, Right, Left 左追步-左, 右, 左

第四段 Weave Turn ¼ Left, Step, Turn ½ Left, Turn ¼ Left, Behind (Turn ¼ Right) 左1/4藤步轉, 踏 轉, 左1/4, 後(右1/4)

- 1-2 Cross Right Over Left, Step Left To Side
右足於左足前交叉踏, 左足左踏
3-4 Cross Right Behind Left, Turn ¼ Left And Step Left Forward (9:00)
右足於左足後交叉踏, 左轉90度左足前踏(面向9點鐘)
5-6 Step Right Forward, Turn ½ Left (Weight To Left)
右足前踏, 左轉180度重心在左足
7-8 Turn ¼ Left And Step Right To Side, Cross Left Behind Right (12:00)
左轉90度右足右踏, 左足於右足後交叉踏
& Turn ¼ Right To Face New Wall (3:00) And Step Right Forward
右轉90度右足前踏(面向3點鐘)
1-8 Are A 'Figure Of 8' Sequence Completing A Full Turn Left
1-8拍會完成一個左轉的8字型舞步