

Sunday Break (週日公休) (zh)

COPPER KNOB
STEPSHETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Robbie McGowan Hickie (UK) & Ria Vos (NL)

Music: Closed On Sunday - Gwen Sebastian : (CD: Push Play)



前奏 : 32 Count intro 32拍起跳

- 第一段** **Side Step. Cross. Unwind 1/2 Turn Left. Cross Rock & 1/4 Turn Right. 1/2 Turn Right. Side. Cross & 側, 交叉, 繞轉, 交叉曼波轉1/4, 轉, 側, 交叉, 側**
- 1 – 3 Step Right Long step to Right side. Cross Left behind Right. Unwind 1/2 turn Left. (Weight on Left)
右足右一大步, 左足於右足後交叉踏, 左繞轉180度(重心在左足)
- 4&5 Cross Rock Right over Left. Recover weight on Left. Make 1/4 turn Right stepping forward on Right.
右足於左足前交叉下沉, 左足回復, 右轉90度右足前踏
- 6 – 7 Make 1/2 turn Right stepping Left Diagonally back Left. Step Right to Right side and Slightly back 右
轉180度左足斜角後踏, 右足略右後踏
- 8& Cross step Left over Right. Step Right to Right side. (Facing 3 o'clock) 左足於右足前交叉踏, 右足右
踏(面向3點鐘)
- 第二段** **Cross Rock. 1/4 Turn Left. Step. Pivot Full Turn Left. Sweep Behind. Side. Cross Rock & 1/4 Turn Left.**
交叉下沉 回復, 1/4, 踏 轉圈 後踏, 繞踏, 側, 交叉曼波轉1/4
- 1 – 2 Cross rock Left forward over Right. Recover weight on Right.
左足於右足前交叉下沉, 右足回復
- 3 Make 1/4 turn Left stepping Left Long step forward. (Facing 12 o'clock)
左轉90度左足前大步(面向12點鐘)
- 4&5 Step forward on Right. Pivot Full turn Left. Step back on Right.
右足前踏, 左轉圈, 右足後踏
- 6 – 7 Sweep Left out and around behind Right. Step Right to Right side.
左足繞至右足後踏, 右足右踏
- 8&1 Cross rock Left over Right. Recover weight on Right. Make 1/4 turn Left stepping forward on Left.
左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏
- 第三段** **Right Lock Step Forward. Step. Pivot 1/2 Turn Right. Cross Rock & Side. Step Back. Recover. 前鎖步,**
踏 轉, 交叉曼波帶大步, 後下沉 回復
- 2&3 Step forward on Right. Lock step Left behind Right. Step forward on Right. (Facing 9 o'clock)
右足前踏, 左足於右足後鎖踏, 右足前踏(面向9點鐘)
- 4 – 5 Step forward on Left. Pivot 1/2 turn Right. (Facing 3 o'clock)
左足前踏, 右軸轉180度(面向3點鐘)
- 6&7 Cross rock Left over Right. Recover weight on Right. Step Left Long step to Left side.
左足於右足前交叉下沉, 右足回復, 左足左一大步
- 8 – 1 Step back on Right pushing Hips back – popping Left knee forward. Recover weight on Left.
右足後踏推臀左膝前彈, 左足回復
- 第四段** **Side. Together. Forward. Forward Rock. Left Sailor Cross 1/2 Turn Left. Side. Together. 側, 併, 前, 下沉**
回復, 轉水手交叉, 側, 併
- 2&3 Step Right to Right side. Close Left beside Right. Step forward on Right. 右足右踏, 左足併踏, 右足前踏
- 4 – 5 Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復
- 6&7 Cross Left behind Right making 1/2 turn Left. Step Right beside Left. Cross step Left over Right.
左轉180度左足於右足後踏, 右足併踏, 左足於右足前交叉踏
- 8& Step Right to Right side. Close Left beside Right. (Facing 9 o'clock)
右足右踏, 左足併踏(面向9點鐘)

Note: To keep to the phrasing of the music...a 4 Count Tag is needed at the End of Wall 6 第六面牆結束面向6點鐘時, 配合音樂加4拍

4 Count Tag (Facing 6 o'clock): Side Step Right. Left Cross Rock & Side. Right Back Rock &.
右踏, 交叉曼波, 後下沉 回復

- 1 Step Right to Right side. 右足右踏
- 2&3 Cross rock Left over Right. Rock back on Right. Step Left to Left side.
左足於右足前交叉下沉, 右足回復, 左足左踏
- 4& Rock back Right behind Left. Recover weight on Left.
右足於左足後下沉, 左足回復
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