

You're My Destiny (真命天子) (zh)

COPPER KNOB
STEPSHEETS

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK) - 2007年09月

Music: You Can Get It - Mark Medlock & Dieter Bohlen : (CD: Bravo Hits 58)



- 第一段** R toe touches front & side, R sailor step, L fwd rock & recover, ½ L shuffle 右足趾前點 & 側點, 右水手步, 左前下沉回復, 左轉1/2交換步
- 1-2 Touch R toes forward, touch R toes side
右足前點, 右足右點
- 3&4 Cross step R behind L, step L side, step R forward
右足在左足後交叉踏, 左足左踏, 右足前踏
- 5-6 Rock L forward, recover weight on R 左足前下沉, 右足回復
- 7&8 Turning ½ left step L forward, step R together, step L forward (6 o'clock) 左轉180度左足前踏, 右足併踏, 左足前踏 (6點鐘)
- 第二段** L full turn forward, R fwd shuffle, L toe touches front & side, ¼ L coaster 左轉圈, 右前交換步, 右足趾前點 & 側點, 1/4左海岸步
- 1-2 Turning ½ left step R back, turning ½ left step L forward (Easier option walk forward R, L)
左轉180度右足後踏, 左轉180度左足前踏(簡易版:走步右,左)
- 3&4 Step R forward, step L together, step R forward
右足前踏, 右足併踏, 右足前踏
- 5-6 Touch L toes forward, touch L toes side 左足前點, 左足左點
- 7&8 Turning ¼ left step L back, step R together, step L forward (3 o'clock) 左轉90度左足後踏, 右足併踏, 左足前踏(3點鐘)
- 第三段** ½ R monterey, R side rock-recover- cross, ¾ L turn, R fwd shuffle
右轉1/2蒙特瑞轉, 右側下沉-回復-交叉, 3/4左轉, 右前交換步
- 1-2 Touch R toes to side, turning ½ right step R together
右足右點, 右轉180度右踏
- 3&4 Rock L side, recover weight on R, cross step L over R
左足左下沉, 右足回復, 左足在右足前交叉踏
- 5-6 Turning ¼ left step R back, turning ½ left step L forward (non turning – R side, ¼ R & L fwd) 左轉90度右足後踏, 左轉180度左足前踏
- 7&8 Step R forward, step L together, step R forward (12 o'clock)
右足前踏, 左足併踏, 右足前踏(12點鐘)
- 第四段** L fwd rock & recover, L coaster, R fwd rock & recover, ¼ R & side shuffle
左足前下沉&回復, 左海岸步, 右足前下沉&回復, 右轉1/4&側交換步
- 1-2 Rock L forward, recover weight on R 左足前下沉, 右足回復
- 3&4 Step L back, step R together, step L forward
左足後踏, 右足併踏, 左足前踏
- 5-6 Rock R forward, recover weight on L 右足前下沉, 左足回復
- 7&8 Turning ¼ right step R side, step L together, step R side (3 o'clock) 右轉90度右足右踏, 左足併踏, 右足右踏(3點鐘)
- 第五段** Weave R 2, L sailor, R cross step, ½ R hinge turn, L cross step
右藤步二次, 左水手步, 右交叉踏, 1/2右鏈轉圈, 左交叉踏
- 1-2 Cross step L over R, step R side
左足於右足前交叉踏, 右足右踏
- 3&4 Cross step L behind R, step R side, step L side
左足於右足後交叉踏, 左足左踏
- 5&6 Cross step R over L, turning ¼ right step L back
右足於左足前交叉踏, 右轉90度左足後踏

7-8 Turning ¼ right step R side, cross step L over R (9 o'clock)
右轉90度右足踏, 左足於右足前交叉踏(9點鐘)

第六段 R side rock & recover, R behind-side-cross, L side rock & recover, ¼ L coaster step over rotating to the diagonal
右側下沉&回復, 右後-旁-交叉, 左側下沉&回復, 1/4海岸步轉至斜角線

1-2 Rock R side, recover weight on L 右足右下沉, 左足回復

3&4 Cross step L behind R, step L side, cross step R over L
左足於右足後交叉踏, 右足於左足前交叉踏

5-6 Rock L side, recover weight on R 左足左下沉, 右足回復

7-8 Turning ¼ L step L back, step R together, turning toward L diagonal step L forward (5 o'clock)
左轉90度左足後踏, 右足併踏, 左足左前斜角線前踏 (5點鐘)

第七段 Diagonal R fwd, L hitch, L coaster, R jazz box with ½ turn to L diagonal
斜角線右足前, 左足抬起, 左海岸步, 右轉1/2爵士方塊至左斜角線

1-2 Towards L diagonal step R forward, hitch L up
右足左前斜角線前踏, 左足抬起

3&4 Step L back, step R together, step L forward
左足後踏, 右足併踏, 左足前踏

5-8 Cross step R over L, step L back ¼ turn (squaring to 6 o'clock wall), turning ¾ right step R forward (facing L diagonal at 11 o'clock), step L forward (11 o'clock)
右足於左足前交叉踏, 右轉45度(6點鐘方向)左足後踏
右轉3/8右足前踏(面向11點鐘), 左足前踏

第八段 Diagonal R fwd, L hitch, L back-side-forward, R fwd, L fwd, ½ R pivot turn, L fwd
斜角線右足前, 左足抬起, 左足後-旁-前, 右足前, 左足前, 1/2右踏轉

1-2 Towards L diagonal step R forward, hitch L up
左前斜角線右足前踏, 左足抬起

3&4 Step L back, step R side (squaring to 12 o'clock wall), step L forward 左足後踏, 右足踏(12點鐘), 左足前踏

5-8 Step R forward, step L forward, pivot ½ right, step L forward (6 o'clock) 右足前踏, 左足前踏, 右後轉180度, 左足前踏(6點鐘)

This is a great song which phrases 72, 80, 72, 64, 64, 32 & finish. We ended up making the main part of the dance 64 counts figuring it would be easier to add steps rather than take them away 舞曲每節節拍不同, 各為72,80,72,64,64,32拍

Dance Sequence: 舞步順序

Wall 1 - 72 counts (8 count tag) 第一面牆72拍(加8拍)

Wall 2 - 80 counts (16 count tag) 第二面牆80拍(加16拍)

Wall 3 - 72 counts (8 count tag) 第三面牆72拍(加8拍)

Wall 4 - 64 counts 第四面牆64拍

Wall 5 - 64 counts 第五面牆64拍

Wall 6 (dance first 32 counts changing the final shuffle to a ½ R shuffle to end facing front wall)

第六面牆(跳前32拍, 將最後交換步變成右轉180度交換步面向前面牆結束)

8 counts TAG

L full turn forward, R fwd shuffle, L fwd rock & recover, L coaster (or full L triple) 左前轉圈, 右前交換步, 左前下沉 & 回復, 左海岸(或轉圈)

1-2 Turning ½ left step R back, turning ½ left step L forward
左轉180度右足後踏, 左轉180度左足前踏
(Easier option walk forward R, L)
(簡易版: 右足前踏, 左足前踏)

3&4 Step R forward, step L together, step R forward
右足前踏, 左足併踏, 右足前踏(交換步)

5-6 Rock L forward, recover weight on R 左足前下沉, 右足回復

7&8 Step L back, step R together, step L forward
左足後踏, 右足併踏, 左足前踏 (海岸步)
(spinning option – triple full turn L on the spot)
(旋轉版: 小三步FULL TURN)

16 count TAG

add these steps to the steps above (you dance this part of the tag only once during the song) 這16拍加拍照上面舞步順序指示, 只會跳一次

R side rock & recover, R sailor step, L forward, hold 3
右下沉 & 回復, 右水手步, 左前, 候3拍

1-2 Rock R side, recover weight on L 右足右下沉, 左足回復

- 3&4 Cross step R behind L, step L side, step R side
右足於左足後交叉踏, 左足左踏, 右足右踏 (水手步)
- 5-8 Step/stomp L forward, hold for 3 counts 左足前踏, 候3拍
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