

Kick Start (重新開始) (zh)

COPPER KNOB
STEPSHEETS

Compte: 48

Mur: 4

Niveau: Intermediate



Chorégraphe: Kim Ray (UK) - 2010年03月

Musique: Kickstart - JLS

前奏 : Intro: 8 counts 8拍後起跳

第一段 Kick Ball Point X2, Coaster Step, Pivot ½ Turn 踢踏點二次, 海岸步, 踏轉

- 1&2 Kick right forward, step down on right, point left to left side
右足前踢, 右足踏, 左足左點
- 3&4 Kick left forward, step down on left, point right to right side
左足前踢, 左足踏, 右足右點
- 5&6 Step back on right, step left next to right, step forward on right
右足後踏, 左足併踏, 右足前踏
- 7-8 Step forward on left, ½ pivot turn right (6o/c)
左足前踏, 右軸轉180度(面向6點鐘)

第二段 Triple ½ Turn, Coaster Step, Walks Forward, Out Out In In 小三步轉1/2, 海岸步, 前走步, 大大小小

- 1&2 Making a ½ turn right, triple step left, right, left
小三步右轉180度-左, 右, 左
- 3&4 Step back on right, step left next to right, step forward on right
右足後踏, 左足併踏, 右足前踏
- 5-6 Walk forward on left, walk forward on right 左足前走, 右足前走
- 8&7&8 Step out side left, step out side right, step in on left, step in on right (12o/c) 左足左踏, 右足右踏, 左足回踏, 右足併踏(面向12點鐘)

第三段 Walks Back, Coaster Step, ¼ Pivot Turn, Cross Back Back 後走步, 海岸步, 踏轉1/4, 交叉後後

- 1-2 Walk back on left, walk back on right 左足後走, 右足後走
- 3-4 Step back on left, step right next to left, step forward on left
左足後走, 右足併踏, 左足前踏
- 5-6 Step forward on right, ¼ pivot turn left 右足前踏, 左軸轉90度
- 7&8 Cross right over left, step back on left (sticking bum out), step right next to left (9o/c)
右足於左足前交叉踏, 左足後踏(臀部後推), 右足併踏(面向9點鐘)

第四段 Cross Back, Ball Walks Forward, Pivot ½ Turn, Full Turn 交叉後踏, 併走走, 踏轉, 轉轉

- 1-2 Cross left over right, step back on right
左足於右足前交叉踏, 左足後踏
- 8&3-4 Step left next to right, walk forward right, walk forward left
左足併踏, 右足前走, 左足前走
- 5-6 Step forward on right, ½ pivot turn left 右足前踏, 左軸轉180度
- 7-8 ½ turn left stepping back on right, ½ turn left stepping forward on left (or 2 walks forward) (3o/c)**
左轉180度右足後踏, 左轉180度左足前踏(面向3點鐘)
簡易版 : 二次前走步

**From wall 5 onwards dance only first 32 counts only (I.e. sections 5 & 6 are omitted)
從第五面牆開始只跳32拍, 也就是從第五面牆開始只跳至此, 第五及第六面牆省略不跳

第五段 Dorothy Steps Forward, ½ Pivot Turn, Full Turn 桃樂蒂步, 1/2, 轉圈

- 1-2& Step right forward and to right diagonal, lock step left behind right, step right in place 右足右斜角前踏, 左足於右足後鎖踏, 右足踏
- 3-4& Step left forward and to left diagonal, lock step right behind left, step left in place 左足左斜角前踏, 右足於左足後鎖踏, 左足踏
- 5-6 Step forward on right, ½ pivot turn left 右足前踏, 左軸轉180度
- 7-8 ½ turn left stepping back on right, ½ turn left stepping forward on left (or 2 walks forward) (90/c)
左轉180度右足後踏, 左轉180度左足前踏(面向9點鐘)
簡易版:二次前走步

第六段 Dorothy Steps Forward, ½ Pivot Turn, Full Turn
桃樂蒂步, 1/2, 轉圈

- 1-2& Step right forward and to right diagonal, lock step left behind right, step right in place 右足右斜角前踏, 左足於右足後鎖踏, 右足踏
- 3-4& Step left forward and to left diagonal, lock step right behind left, step left in place 左足左斜角前踏, 右足於左足後鎖踏, 左足踏
- 5-6 Step forward on right, ½ pivot turn left 右足前踏, 左軸轉180度
- 7-8 ½ turn left stepping back on right, ½ turn left stepping forward on left (or 2 walks forward) (30/c)
左轉180度右足後踏, 左轉180度左足前踏(面向3點鐘)
簡易版:二次前走步
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