

Walk Like A Man (男兒當自強) (zh)

COPPER KNOB
BY STEPHEN B. METZ

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Jackie Snyder (USA)

Musique: Walk Like a Man - Frankie Valli & The Four Seasons : (CD: The Very Best Of)



- 第一段 Right And Left Angled Toe Struts; Rock Forward And Back; Right Back Coaster Step 右-左 趾踵步, 前下沉回復, 右後海岸步**
- 1-2 Point Right Toe 45 Degrees Forward To Right, Step Down On Right Heel 右足趾指向右前45度, 右足踵踏下
- 3-4 Point Left Toe 45 Degrees Forward To Left, Step Down On Left Heel 左足趾指向左前45度, 左足踵踏下
- 5-6 Rock Forward On Right, Back On Left 右足前下沉, 左足後回復
- 7&8 Step Back On Right, Step Left Next To Right, Step Forward On Right 海岸步 (右足後踏, 左足靠併, 右足前踏)
- 第二段 Left And Right 45 Degree Toe Struts; Step Forward; Heel Bounces Turning ¼ Right 左-右 45度趾踵步, 前踏, 踵彈跳右轉1/4**
- 1-2 Point Left Toe 45 Degrees Forward To Left, Step Down On Left Heel 左足趾指向左前45度, 左足踵踏下
- 3-4 Point Right Toe 45 Degrees Forward To Right, Step Down On Right Heel 右足趾指向右前45度, 右足踵踏下
- 5-8 Step Forward On Left, While Bouncing Up And Down On Toes And Heels Turn ¼ Turn To Right With Weight Ending On Left 左足前踏同時以足趾及踵彈向右側, 結束時重心在左足
- 第三段 Step Side, Behind And Cross, Hold; Twice (側踏, 後-交叉, 候)二次**
- 1-2 Step Right To Right Side, Step Left Behind Right 右足右側踏, 左足在右足後踏
- &3-4 Step Right To Right Side, Cross Left Over Right, Hold And Snap Fingers On Both Hands (Weight Is On Left) 右足右側踏, 左足交叉右足前踏, 候 (同時彈指重心在左足)
- 5-8 Repeat Counts 1-4 Above 重複1-4拍
- 第四段 ¼ Turn Right, Walk Forward, Brush, Jazz Square With ¼ Turn Left, Touch 右轉1/4, 前走, 刷, 左轉1/4爵士方塊**
- 1-4 Turn ¼ Turn Right And Walk Forward Right, Left, Right, Brush Left Foot 右轉90度同向前走步 (右、左、右) 左足前刷
- 5-8 Cross Left Over Right, Step Back On Right, Turn ¼ Left Stepping Forward On Left, Touch Right Next To Left (JAZZ SQUARE) 左足交叉於右足前, 右足後踏, 左足左轉前踏, 右足在左足旁點