

As Fast As I Could (儘我所能) (zh)

COPPER KNOB
BY STEPHEN METZ

Compte: 60

Mur: 4

Niveau: Intermediate

Chorégraphe: Rob Fowler (ES) - 2010年04月

Musique: As Fast As I Could - Josh Turner



- 第一段 Step Forward Right, Step Brush Cross Over, Step Back, Left Shuffle Back, Rock Step 踏刷, 交叉後踏, 後交換, 後下沉 回復**
- 1,2 Step forward onto the right, brush left forward
右足前踏, 左足前刷
- 3,4 Cross left over right, step back onto right
左足於右足前交叉踏, 右足後踏
- 5&6 Left shuffle back 左後交換
- 7,8 Rock back onto right, rock forward onto left
右足後下沉, 左足回復
- 第二段 ¼ Turn Left Side Chasse, Full Turn Right Side Chasse Left, Rock Step 1/4追步轉, 踏轉, 1/4轉追步, 後下沉 回復**
- &1&2 Make ¼ turn to left, step left to left side, step left next to right, make ¼ turn to right stepping forward onto right foot
左轉90度, 左足左踏, 左足併踏, 右轉90度右足前踏
- 3,4 Step forward onto left, make ½ turn to right
左足前踏, 右轉180度
- &5&6 Make ¼ turn to right, step left to left side, step right next to left, step left to left side
右轉90度, 左足左踏, 右足併踏, 左足左踏
- 7,8 Rock back on right, Rock forward on left
右足後下沉, 左足回復
- 第三段 Switch Steps With ¼ Turn Right 點收點收, 踵收踵踏, 後點踏 踵收, 後點 右1/4**
- 1&2& Touch right to right side, step right next to left, touch left to left side, step left next to right
右足右點, 右足併踏, 左足左點, 左足併踏
- 3&4& Touch right heel forward, step right next to left, touch left heel forward, step forward onto left
右足踵前點, 右足併踏, 左足踵前點, 左足前踏
- 5&6& Touch right behind left, step back onto right, touch left heel forward, step down onto left foot
右足於左足後點, 右足後踏, 左足踵前點, 左足踏
- 7,8 Touch right behind left, make ¼ turn to right stepping right to right side 右足於左足後點, 右轉90度
右足右踏
- 第四段 Left Sailor Step, Right Cross Left Side, Right Sailor Step, Left Cross Right Side 水手步, 交叉 左踏, 水手步, 交叉 右踏**
- 1&2 Left sailor step 左水手步
- 3,4 Cross right over left, step left to left side
右足於左足前交叉踏, 左足左踏
- 5&6 Right sailor step 右水手步
- 7,8 Cross left over right, step right to right side
左足於右足前交叉踏, 右足右踏

第五段 Left Coaster Step, Rock Step, ½ Turn Shuffle Over Right Shoulder, ½ Turn Shuffle Back Left 海岸步, 下沉 回復, 轉交換, 轉交換

- 1&2 Left coaster step 左海岸步
3,4 Rock forward right, recover back onto left 右足前下沉, 左足回復
5&6 Make ½ turn right, right shuffle forward 右180度轉交換
7&8 Make ½ turn right, right shuffle back 右180度轉交換

第六段 Right Coaster Step, Step Brush X3 海岸步, 踏 刷共三次

- 1&2 Right coaster step 右海岸步
3,4 Step left , Brush right 左足踏, 右足刷
5,6 Step Right, Brush left 右足踏, 左足刷
7,8 Step left, Brush right 左足踏, 右足刷

第七段 Rock, Recover, ¾ Turn Shuffle Right, Rock, Recover, Coaster Step, Step ½ Pivot Turn x2 下沉 回復, ¾轉交換, 下沉 回復, 海岸步, 踏 轉, 踏 轉

- 1,2 Rock forward right, Recover back on left 右足前下沉, 左足回復
3&4 Make ¾ turn right doing right shuffle 右轉270度右追步
5,6 Rock forward left, Recover back on right 左足前下沉, 右足回復
7&8 Left coaster step 左海岸步
9,10 Step forward right, Make ½ turn right 右足前踏, 右轉180度
11,12 Step forward right, Make ½ turn right 右足前踏, 右轉180度
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