

# Shattered (心煩意亂) (zh)

COPPER KNOB  
BY PERCHETT

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Tom Clemons (USA) - 2008年12月

Musique: I'll Bust The Windows Out Your Car - Jazmine Sullivan



前奏 : Start dancing on lyrics 唱歌起跳

- 第一段** Walk Back 3 X (Right, Left, Right), Back Cross Turn  $\frac{1}{4}$  Right (3:00), Step Back Left, Back Rock Recover, Turn  $\frac{1}{4}$  Left (12:00) , Step Right To Side, Cross Left Over Right, Step Right To Side  
後走步三次-右, 左, 右, 後交叉右轉 $\frac{1}{4}$ , 左後, 後下沉回復, 左 $\frac{1}{4}$ , 右踏, 左交叉, 右踏
- 123 Walk back 3 times starting with right  
走走走 後走三次-右, 左, 右
- 4&5 Step left back, cross right over left, turn  $\frac{1}{4}$  left (3:00), step left back 左足後踏, 右足於左足前交叉踏,  
後交叉 左轉90度左足後踏(面向3點鐘)  
左90
- 67 Rock back to right, recover on left  
後下沉回 右足後下沉, 左足回復  
復
- 8&1 Turn  $\frac{1}{4}$  left, step right to side, cross left over right, step right to side 左轉90度右足右踏, 左足於右  
左90 交叉 足前交叉踏, 右足右踏  
右
- 第二段** Step Left Together, Step Right Forward, Chase Turn Right (6:00), Side, Behind, Turn  $\frac{1}{4}$  Right (9:00) , Right Forward, Turn  $\frac{1}{2}$  Right (3:00) , Turn  $\frac{1}{4}$  Right (6:00) , Lunge Point Right
- 23 Step left together, step right forward  
左併 右前 左足併踏, 右足前踏
- 4&5 Step right forward, turn  $\frac{1}{2}$  right (6:00) step left forward  
踏轉踏 右足前踏, 右轉180度, 左足前踏(面向6點鐘)
- 67 Step right to side, cross left behind right  
右交叉 右足右踏, 左足於右足後交叉踏
- 8&1 Turn  $\frac{1}{4}$  right (9:00) step forward right, turn  $\frac{1}{2}$  right (3:00) step back to left, turn  $\frac{1}{4}$  right (6:00) ,  
90 180 lunge on left leg, point right to right side  
90曲膝 右轉90度右足前踏(面向9點鐘), 右轉180度左足後踏(面向3點鐘), 右轉90度左足曲膝踏右足右點
- 第三段** Drag, Cross Right Over Left, Side, Behind,  $\frac{1}{4}$  Turn (9:00) Forward,  $\frac{1}{2}$  Pivot Left (3:00), Turn  $\frac{1}{4}$  Left (6:00) , Side Cross Side
- 23 Pull right in on count 2, cross right over left (put weight on right on count 3) 右足拖併, 右足於左足  
拖併 交叉 前交叉踏(重心在右足)
- 4&5 Step left to side, cross right behind left, turn  $\frac{1}{4}$  left (3:00) step left forward  
踏交叉 左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏(面向3點鐘)  
90
- 67 Step right forward, pivot  $\frac{1}{2}$  turn (place weight on left count 7), turn  $\frac{1}{4}$  left (6:00)  
踏轉90 右足前踏, 左轉180度重心在左足, 左轉90度(面向6點鐘)接續第8拍
- 8&1 Step right to side, cross left over right, step right to side  
右交叉 右足右踏, 左足於右足前交叉踏, 右足右踏  
右
- 第四段** Step Together, Step Right Forward, Chase Turn Right, Turn  $\frac{1}{4}$  Left (9:00), Step Back Right, Turn  $\frac{1}{4}$  Left (6:00) Step Left To Side, Right Forward Turn  $\frac{1}{2}$  Right (12:00) Turn  $\frac{1}{2}$  Right And Step Back Right (6:00)

- 23 Step left together, step right forward  
左併右前 左足併踏, 右足前踏
- 4&5 Step left forward, turn  $\frac{1}{2}$  right (12:00), shift weight to right, step left forward 左足前踏, 右轉180度  
踏轉踏 重心在右足(面向12點鐘), 左足前踏
- 67 Turn  $\frac{1}{4}$  left (9:00), step back to right, turn  $\frac{1}{4}$  left (6:00), step left to side 左轉90度右足後踏(面向9  
90 90 點鐘), 左轉90度左足左踏(面向6點鐘)
- 8&1 Step right forward, turn  $\frac{1}{2}$  left (12:00), shift weight to left (on & count), turn  $\frac{1}{2}$  left (6:00), stepping  
踏轉轉 back to right  
右足前踏, 左轉180度重心在左足(面向12點), 左轉180度右足後踏(面向6點鐘)  
8&1 is like in a nightclub style. Count 1 is the first count of next wall 8&1類似Nightclub的舞步, 第1  
拍接續第一段進入另一面牆
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