

Paid My Dues (支付了我的会费) (zh)

COPPER KNOB
STEPPED

Compte: 32

Mur: 4

Niveau: Low Improver

Chorégraphe: Maria Nix (DE) - 2023年11月20日

Musique: Paid My Dues - Anastacia : (Album: Freak of nature)



开始：经过 32 次计数.....击倒

Start: After 32 counts with ...knocked down

S1 : R-踢球交叉，臀部颠簸，R-后侧交叉，L-剪刀交叉

1&2 RF 向前踢球和后退球，LF 在 RF 前传中

3&4 射频右步并移动臀部 R/L/R

5&6 射频交叉在LF后面，LF左步，射频交叉在LF前面

7&8 低频左退，关闭射频，低频交叉在射频前

S1: R-kick ball cross, hip bumps, R-behind side cross, L-scissor cross

1&2 RF kick forward and set back on ball, LF cross in front of RF

3&4 RF step right and move hips R/L/R

5&6 RF cross behind LF, LF step left, RF cross in front of LF

7&8 LF step left, close RF, LF cross in front of RF

S2 : R-rock步进，L-步锁定步，R-杯垫步进，L-step 1/4枢轴朝向3点钟位置

1&2 射频向前和向后步进，低频保持在原位

3&4 低频后退，射频交叉在低频前，低频后退

5&6 射频后退、关闭低频、射频前退

7&8 LF 向前迈进，1/4 右转，球朝向 3 点钟方向

S2: R-rock step, L-step lock step, R-coaster step, L-step 1/4 pivot facing 3 o'clock

1&2 RF step forward and back, LF remains on place

3&4 LF step back, RF cross in front of LF, LF step back

5&6 RF step back, close LF, RF step forward

7&8 LF step forward and 1/4 turn right on ball facing 3 o'clock

S3 : L-交叉侧跟，R-交叉侧跟，L-交叉洗牌，R-侧紧向前

1&2 LR 交叉在 RF 前面，RF 右步，LF 水龙头鞋跟

&3&4 低频放回原处，射频交叉在低频前方，低频左退，射频敲击脚跟

&5&6 射频放回原处，低频交叉在射频前面，射频交叉在低频后面，射频交叉在低频前面

7&8 射频右步，关闭低频，射频向前步进

S3: L-cross side heel, R-cross side heel, L-cross shuffle, R-side close forward

1&2 LR cross in front of RF, RF step right, LF tap heel

&3&4 LF put back down, RF cross in front of LF, LF step left, RF tap heel

&5&6 RF put back down, LF cross in front of RF, RF place behind LF, RF cross in front of LF

7&8 RF step right, close LF, RF step forward

S4 : L侧闭合，R-步锁步，L-步锁步，R-放卷1/2朝9点钟

1&2 低频左退，关闭射频，低频后退

3&4 射频后退，射频前低频交叉，射频后退

5&6 低频后退，射频交叉在低频前，低频后退

7-8 射频将脚趾放在 LF 后面，脚趾 1/2 向右转朝 9 点钟方向，关闭 LF

S4: L-side close back, R-step lock step, L-step lock step, R-unwind 1/2 facing 9 o'clock

1&2 LF step left, close RF, LF step back

3&4 RF step back, LF cross in front of RF, RF step back

5&6 LF step back, RF cross in front of LF, LF step back
7-8 RF place toe behind LF, on toe ½ turn right facing 9 o'clock, close LF

***1 个标签 (16 计数) 在第 3 轮面向 6 点钟方向 , 以 R/L 踩踏结束 S2 (步骤 7-8) :**

S1 : R-滚动藤蔓 , L-葡萄藤 1/2 枢轴朝向 12 点钟位置

1-4 RF 右步 , LF 1/2 转朝 12 点钟 , RF 1/2 转朝 6 点钟 , 关闭 LF
5-8 LF 向左移动 , 在 LF 后面交叉 RF , LF 1/2 圈朝向 12 点钟方向 , 关闭 RF

S2 : R-葡萄藤、L-滚动藤

1-4 射频右步 , 在射频后面交叉低频 , 射频右步 , 关闭低频
5-8 LF 向左移动 , RF 1/2 转朝向 6 点钟 , LF 1/2 转朝向 12 点钟 , 关闭 RF

***1 Tag (16 counts) in round 3 facing 6 o'clock, end S2 with R/L stomp (steps 7-8):**

S1: R-rolling vine, L-grapevine ½ pivot facing 12 o'clock

1-4 RF step right, LF ½ turn facing 12 o'clock, RF ½ turn facing 6 o'clock, close LF
5-8 LF step left, cross RF behind LF, LF ½ turn facing 12 o'clock, close RF

S2: R-grapevine, L-rolling vine

1-4 RF step right, cross LF behind RF, RF step right, close LF
5-8 LF step left, RF ½ turn facing 6 o'clock, LF ½ turn facing 12 o'clock, close RF

结束 : 第9轮结束后 , 面向12点整圈放松

Ending: After completion of round 9, unwind with full turn facing 12 o'clock
