

Always Gold (zh)

COPPER KNOB
BY STEPHEN T. S.

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Scott Blevins (USA) - 2011年01月
音乐: Second Sight - Club des Belugas : (CD: Swop)



前奏: 32 count intro, start when the drums kick in and they speak the lyrics, "Where were you born again?"
32拍後唱"Where were you born again?"時起跳

第一段

- 1-2&3 1) Rock forward R; 2) Recover weight back on L; &) Turn $\frac{1}{4}$ right stepping side R [3:00]; 3) Step L across R
右足前下沉, 左足回復, 右轉90度右足右踏(面向3點鐘), 左足於右足前交叉踏
- 4&5 "Side step pivot $\frac{1}{2}$ ": 4) Step side R; &) Start $\frac{1}{2}$ turn left switching weight to L; 5) Finish $\frac{1}{2}$ turn left stepping side R and pushing right hip out to side [9:00]
右足右踏, 左轉180度重心在左足, 右足右踏右推臀(面向9點鐘)
- 6-7 6) Lead with knee and hip to step side L; 7) Step R across L
左足左踏左推臀, 右足於左足前交叉踏
- 8& 8) Turn $\frac{1}{4}$ left rocking forward L [6:00]; &) Recover weight back on R 左轉90度左足前下沉(面向6點鐘), 右足回復

第二段

- 1-3 1) Step back L; 2) Turn $\frac{1}{4}$ right stepping side R [9:00]; 3) Step L across R 左足後踏, 右轉90度右足右踏(面向9點鐘), 左足於右足前交叉踏
- 4&5 4) Turn $\frac{1}{4}$ right rocking forward R [12:00]; &) Recover weight back on L; 5) Turn $\frac{3}{8}$ right stepping forward R [5:00 diagonal]
右轉90度右足前下沉(面向12點鐘), 左足回復, 右轉135度右足前踏(面向5點鐘)
- 6-a7 6) Step forward L [5:00 diagonal]; a) Bring R foot up into "figure 4" (toe of R at calf of L) as you start $\frac{3}{4}$ turn right on ball of L foot; 7) Finish $\frac{3}{4}$ turn and step side R [facing 1:00 diagonal]
左足前踏(面向5點鐘)右足呈數字4的形狀(右足趾在左小腿位置)準備右轉270度, 結束右轉270度右足右踏(面向1點鐘)
- 8& 8) Rock L across R; &) Recover weight back on R [1:00 diagonal]
左足於右足前交叉下沉, 右足回復(面向斜角1點鐘)

第三段

- 1-3 1) Step side L [square up to 12:00]; 2) Step R across L; 3) Turn $\frac{1}{2}$ right on ball of R ending with L toe pointed to left side [6:00]
左足左踏(面向12點鐘), 右足於左足前交叉踏, 右轉180度左足趾左點(面向6點鐘)
- 4&5 4) Rock L across R; &) Recover weight back on R; 5) Turn $\frac{1}{4}$ left stepping forward L [3:00]
左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏(面向3點鐘)
- 6-7 6) Turn $\frac{1}{4}$ left stepping side R [12:00]; 7) "Flick" L foot behind R calf/knee 左轉90度右足右踏(面向12點鐘), 左足於右膝後勾
- 8& 8) Rock side L; &) Recover weight onto R
左足左下沉, 右足回復

第四段

- 1-3 1) Step forward L; 2) Turn $\frac{1}{4}$ left rocking side R [9:00]; 3) Recover weight to L 左足前踏, 左轉90度右足右下沉(面向9點鐘), 左足回復
- 4&5 4) Step R across L; &) Turn $\frac{1}{4}$ right stepping back L [12:00]; 5) Turn $\frac{1}{2}$ right stepping forward R [6:00]
右足於左足前交叉踏, 右轉90度左足後踏(面向12點鐘), 右轉180度右足前踏(面向6點鐘)

6-7 6) Rock forward L; 7) Recover weight back on R
左足前下沉, 右足回復

&&& &) Step back L; 8) Turn $\frac{1}{4}$ right stepping forward R [9:00]; &) Step forward
左足後踏, 右轉90度右足前踏(面向9點鐘), 左足前踏
