

Babelonia (zh)

COPPER KNOB
STYLEDANCE

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Wil Bos (NL) & Roy Verdonk (NL) - 2010年09月
音乐: Born Again (feat. M:CK) - Ricky L



前奏 : Intro: 32 Counts from heavy Beat. 32拍後起跳

第一段 Skate R – L, Diagonal Shuffle Forward R, Skate L – R, Diagonal Shuffle Forward L

- 1-2 Skate RF forward to right, Skate LF forward to left
右足滑冰步, 左足滑冰步
- 3&4 Step RF forward to right diagonal, Close LF next to RF, Step RF forward to right diagonal 右足右斜角前踏, 左足併踏, 右足右斜角前踏
- 5-6 Skate LF forward to left, Skate RF forward to right
左足滑冰步, 右足滑冰步
- 7&8 Step LF forward to left diagonal, Close RF next to LF, Step LF forward to left diagonal 左足左斜角前踏, 右足併踏, 左足左斜角前踏

第二段 Jazz Box with ¼ Turn R, Out / Out, In place R, Touch Behind L

- 1-2 Cross RF over LF, ¼ turn right step LF back
右足於左足前交叉踏, 右轉90度左足後踏
- 3-4 Step RF to right side, Step LF forward 右足右踏, 左足前踏
- 5-6 Step RF forward to right, Step LF forward to left (feet shoulder width apart) 右足右前踏, 左足左前踏(與肩同寬)
- 7-8 Step RF back, Touch left toes back (3.00)
右足後踏, 左足趾後點(面向3點鐘)

第三段 Swivel ¼ Turn L, Swivel ¼ Turn R, Shuffle Forward L, Step Press R, Recover on L, Shuffle Forward R

- 1-2 Turn ¼ left on both feet, Turn ¼ right on both feet (weight ends on RF) 雙腳左轉90度, 雙腳右轉90度(重心在右足)
- 3&4 Step LF forward, Close RF next to LF, Step LF forward
左足前踏, 右足併踏, 左足前踏
- 5 Step RF forward (push right hip forward) 右足前踏(右前推臀)
- 6 Recover on LF (push left hip back) 左足回復(左後推臀)
- 7&8 Step RF forward, Close LF next to RF, Step RF forward (3.00)
右足前踏, 左足併踏, 右足前踏(面向3點鐘)

第四段 Out L, Hold, Hip Roll With ¼ Turn L, Step Forward R, Hold, Hip Roll With ¼ Turn L.

- 1-2 Step LF to left side, Hold 左足左踏, 候
- 3-4 Make a ¼ turn to the left ,whilst rolling hips CCW in 2 counts (weight on left) 以2拍逆時針左90度轉臀(重心在左足)
- 5-6 Step RF forward, Hold 右足前踏, 候
- 7-8 Make a ¼ turn to the left ,whilst rolling hips CCW in 2 counts (weight on left) (9.00) 以2拍逆時針左90度轉臀(重心在左足)(面向9點鐘)

第五段 Cross R, Point L to left, Point L in front, Hold, Close, Cross, Side, Sailor Step R

- 1-2 Cross RF over LF, Touch left toes to left side
右足於左足前交叉踏, 左足趾左點
- 3-4 Touch left toes in front of RF, Hold 左足趾於右足前點, 候
- 8&5-6 Close LF next to RF, Cross RF over LF, Step LF to left side
左足併踏, 右足於左足前交叉踏, 左足左踏
- 7&8 Cross RF behind LF, Step LF to left side, Step RF to right side (9.00)
右足於左足後交叉踏, 左足左踏, 右足右踏(面向9點鐘)

第六段 Kick Ball Touch, Swivel ¼ Turn L, Swivel ¼ Turn R, Cross R, Point L to Left, Cross L, Point R to Right

- 1&2 Kick LF forward, Step on ball LF next to RF, Touch right forward (weight on left) 左足前踢, 左足併踏, 右足前點(重心在左足)
- 3-4 Turn ¼ left on both feet, Turn ¼ right on both feet (weight on left) 雙腳左轉90度, 雙腳右轉90度(重心在左足)
- 5-6 Cross RF over LF, Touch left toes to left side 右足於左足前交叉踏, 左足趾左點
- 7-8 Cross LF over RF, Touch right toes to right side (9.00) 左足於右足前交叉踏, 右足趾右點(面向9點鐘)

第七段 Step R forward, Pivot ½ Turn L, Dorethy Steps R – L, Kick Ball Touch

- 1-2 Step RF forward, ½ turn left 右足前踏, 左轉180度
- 3-4& Step RF forward to right diagonal, Cross LF behind RF, Step RF forward to right diagonal 右足右斜角前踏, 左足於右足後交叉踏, 右足右斜角前踏
- 5-6& Step LF forward to left diagonal, Cross RF behind LF, Step LF forward to left diagonal 左足左斜角前踏, 右足於左足後交叉踏, 左足左斜角前踏
- 7&8 Kick RF forward, Step on ball of RF next to LF, Touch LF next to RF (3.00) 右足前踢, 右足併踏, 左足併點(面向3點鐘)

第八段 Ball Step R, Step L, Step R, Pivot ¾ L, Chasse R, Behind Side Cross

- 8-1-2 Close LF next to RF, Walk forward R, Walk forward L 左足併踏, 右足前走, 左足前走
- 3-4 Step RF forward, ¾ turn left on LF 右足前踏, 左轉270度重心在左足
- 5&6 Step RF to right, Close LF next to RF, Step RF forward 右足右踏, 左足併踏, 右足前踏
- 7&8 Cross LF behind RF, Step RF to right, Cross LF over RF (6.00) 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向6點鐘)

TAG (48 Counts) AFTER Wall 3 第三面牆結束, 加拍

- 1-2 bring both arms outwards to sides with palm of hands facing downwards on shoulderheight 雙手掌向下伸向外到肩高
- 3-4 cross both arms in front of chest with snakemovement inwards 雙手於胸前交叉做蛇形往內移
- 5-6 cross both arms in front of chest with snakemovement outwards 雙手於胸前交叉做蛇形往外移
- 7-8 bring both arms outwards to sides, this time with palm of hands facing upward on shoulderheight 雙手伸向兩邊, 手掌朝上至肩高處
- 1-4 bring arms from shoulderheight to position above head in circular movement with palm of hands towards eachother(like clapping) 雙手從肩高處以畫圈方式往頭上抬, 雙手掌於頭上做拍手狀
- 5-6 bring both hands in same closed position downwards to chestheight(like praying) 雙手以拍手狀慢慢移至胸前做祈禱狀
- 7 open both hands horizontally(palms disconnect),whilst pushing downwards and forwards on chest height, whilst fingertips are still Connected and palm of hands are still facing downward. 雙手掌合在一起, 雙手水平抬高, 在胸前向前向下轉
- & roll both hands inwards with back of hands against eachother(fingers pointing to body) 雙手以手背合在一起向內轉動, 手指指向自己
- 8 keep rolling hands inwards, finishing forward on chest height and palm of hands facing upward 雙手向內轉動抬高到胸前, 手掌向上

This TAG is done three times and after the first and second time you finished the 16 counts, you turn ¼ left Wall 4 starts again to 12 o'clock wall 這個加拍總共做三次, 第一次及第二次結束時, 要多做左轉90度, 三次做完面向12點鐘繼續跳第四面牆