

Beautiful (美麗佳人) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Ingrid Kan (TW) - 2014年06月
音乐: Beautiful (feat. Pitbull) - Frankie J



Count In: 64 counts from start of track.(after 28 seconds)

[1-8] R Step Forward Bounce Heels x 3 With 1/2 Turn to L Back , Rocking Chair

1-4 R Step Forward, Bounce heels 3 times completing 1/2 turn left. (6:00)weight on R
5-6 L Back Rock, Recover on R.
7-8 L Forward Rock, Recover on R.
1-4 右足前踏抬雙踵, 左轉1/4雙踵踏,重覆左轉1/4雙踵踏重心在右足(面6:00)
5-6 左足後下沉, 右足回復
7-8 左足前下沉, 右足回復

[9-16] L Cross , R Hitch , Jazz Box Cross, Sway

1-2 Cross left over right, Ronde hitch right knee
3-4 Cross right over left, Step back on left,
5-6 Step right to right side, Cross left over right
7-8 Sway right , left
1-2 左足於右足前交叉踏,右足後抬
3-6 右足於左足前交叉踏, 左足於右足後踏, 左足併踏
7-8 右足右側搖擺,左足左側搖擺

[17-24] R Kick Forward, R Kick Side, R Sailor Step, L Kick Forward, L Kick Side, L Sailor Step

1-2 Kick right foot forward, kick right to right side
3 & 4 Cross right behind left, step left to left side, step right to right side
5-6 Kick left foot forward, kick left to left side
7&8 Cross left behind right, step right to right side (&), step left to left side
1-2 右足前踢,側踢
3&4 右足於左足後交叉踏, 左足左踏,右足踏
5-6 左足前踢,側踢
7&8 左足於右足後交叉踏, 右足右踏, 左足左踏

[25-32] Walk Forwardx2, Step 1/4 turn , R Touch back, Hitch, R Touch Side, Hitch

1-2 Walk R-L
3-4 Step forward on right, pivot 1/4 turn to left
5-6 R Back Touch, R Hitch
7-8 R Touch to right side , Hitch
1-2 右足前走,左足前走
3-4 右足前踏左轉1/4
5-6 右足後點,右足抬
7-8 右足右點,右足抬