

Born This Way (天生如此) (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Craig Bennett (UK) & Simon Ward (AUS) - 2011年02月
音乐: Born This Way - Lady Gaga



前奏: 16 Count intro 16拍起跳

第一段 Touch, swivel right, swivel, left, Hold, Step beside, Cross/step, Rock side, ¼ turn, Shuffle forward

- 1&2 Touch ball of right to right side with toe pointing to right, Swivel right foot to right, Swivel right foot to left
右足趾右點, 右足向右旋轉, 右足向左旋轉
- 3&4 Hold, Step right beside left, Cross/step left over right
候, 右足併踏, 左足於右足前交叉踏
- 5-6 Rock/step right to right side, turn a ¼ turn left taking weight onto left 右足右下沉, 左轉90度重心在左足
- 7&8 Step right forward, Step left beside right, Step right forward
右足前踏, 左足併踏, 右足前踏

第二段 Rock forward, Rock Back, Step together, Forward ½ Pivot, Forward, ½ turn, ¼ turn, Shuffle to right

- 1-2 Rock/step left forward. Rock/recover weight back on right
左足前下沉, 右足回復
- &3-4 Step left beside right, Step right forward, Pivot ½ turn left taking weight onto left 左足併踏, 右足前踏, 左軸
轉180度重心在左足
- 5-6 Step right forward, Step left forward making a ½ turn right
右足前踏, 左足前踏右轉180度
- 7&8 Step right back making a ¼ turn right, Step left beside right, Step right to right side 右足後踏右轉90度, 左足
併踏, 右足右踏

第三段 Kick forward, Step together, Point to right side, ½ turn sailor step, ½ Pivot, ¼ turn, Weave right

- 1&2 Kick left forward, Step left beside right, Point right toe to right side
左足前踢, 左足併踏, 右足趾右點
- 3&4 Step right behind left turning a ¼ turn right, Step left in place making a further ¼ turn right, Step right slightly
forward
右足於左足後踏右轉90度, 左足踏右轉90度, 右足前踏
- 5-6 Pivot a ½ turn left & step forward on left, Step right forward making a ¼ turn left 左軸轉180度左足前踏, 右
足前踏左轉90度
- 7&8 Step left behind right, Step right to right side, Cross/step left over right 左足於右足後踏, 右足右踏, 左足於右
足前交叉踏

第四段 Cross shuffle right, ½ turn left, Cross shuffle left, Right ball jacks, Right brush up

- 1&2 Cross/step right over left, Step left to left side, Cross/step right over left 右足於左足前交叉踏, 左足左踏, 右
足於左足前交叉踏
- &3&4 Turn a ½ turn left on right, Cross/step left over right, Step right to right side, Cross/step left over right
以右足左轉180度, 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- &5&6 Step back on right, Touch left heel forward at 45 deg left, Step onto left, Touch right beside left
右足後踏, 左足趾左斜角前點, 左足踏, 右足併點
- &7&8 Step back on right, Touch left heel forward at 45 deg left, Step onto left, Touch right heel forward
右足後踏, 左足踵左斜角前點, 左足踏, 右足踵前點
- & Raise right up to left knee 右足抬併左膝

TAG: Happens after wall 4 and 7 both facing front wall
加拍: 第四面牆及第七面牆結束後, 面向前面牆時加做16拍

Step, hold, x3, Step half turn (When walking forward do monster arms like Lady Gaga)

- 1-2 Step forward right, Hold 右足前踏, 候

3-4 Step forward left, Hold 左足前踏, 候
5-6 Step forward right, Hold 右足前踏, 候
7-8 Half turn pivot left, Hold 左軸轉180度, 候
Repeat 8 counts 重覆1-8拍
