

Cheetah (zh)

COPPER KNOB
BY STEPHEN T. S.

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Master In Line
音乐: Cheater - Michael Jackson



前奏 : Intro : 16 counts from the heavy beat (approx 17sec)

第一段 Walk right, left, right, rock, recover, step, tap, step, rock, ball-cross

- 1-3 Walk forwards right, left, right 前走步-右, 左, 右
&4 Rock left out to left side (&), recover weight onto right
左足左下沉, 右足回復
5&6 Cross left over right, tap right beside left (&), step right to right diagonal 左足於右足前交叉踏, 右足併點, 右足右斜角前下沉
7&8 Rock weight back onto left, step right beside left (&), cross step left over right 左足回復, 右足併踏, 左足於右足前交叉踏

第二段 Hip bumps, hold, bump, hitch, ¼ left, ¼ left, ½ sailor left

- 1&2 Step right to right side bumping hips right, left, right
右足右踏右推臀, 左推臀, 右推臀
3 Hold 候
&4 Bump hips left (&), bump hips right whilst hitching left
左推臀, 右推臀左足抬
5,6 Turn ¼ left stepping onto left, turn ¼ left stepping right to right side 左轉90度左足踏, 左轉90度右足右踏
7&8 Left sailor turning ½ turn left 左180度轉水手

第三段 Touch, full turn right, left rock and cross, rock, recover, ½ turn right, rock, recover

- 1,2 Touch right to right side, full turn right transferring weight to right 右足右點, 右轉圈重心在右足
3&4 Rock left to left side, recover weight onto right (&), cross step left over right 左足左下沉, 右足回復, 左足於右足前交叉踏
5,6 Rock right to right side, recover weight onto left
右足右下沉, 左足回復
& Turn ½ turn right stepping right next to left 右轉180度右足併踏
7,8 Rock left to left side, recover weight onto right
左足左下沉, 右足回復

第四段 Cross, rock recover, cross, rock recover, step left, bump and hitch ¼ left (x3)

- 1&2 Cross step left over right, rock right to right side (&), recover weight onto left 左足於右足前交叉踏, 右足右下沉, 左足回復
3&4 Cross step right over left, rock left to left side (&), recover weight onto right 右足於左足前交叉踏, 左足左下沉, 右足回復
5 Step forward left 左足前踏
6 Keeping weight on left, hitch right and turn ¼ left whilst bumping right hip 重心在左足, 右足抬左轉90度右推臀
7 Keeping right hitched, bump right hip to turn another ¼ turn left
右膝抬左轉90度右推臀
8 Keeping right hitched, bump right hip to turn another ¼ turn left
右膝抬左轉90度右推臀

第五段 Cross and heel, step touch, ¼ turn left touch, full turn right, touch

- 1&2 Cross step right over left, step left to left side (&), touch right heel forward 右足於左足前交叉踏, 左足左踏, 右足趾前點
- &3 Step right next to left (&), touch left next to right
右足併踏, 左足併點
- &4 Turn ¼ turn left stepping left to left side (&), touch right toes to right side 左轉90度左足左踏, 右足趾右點
- 5,6 Turn ¼ right stepping onto right, turn ½ right stepping onto left
右轉90度右足踏, 右轉180度左足踏
- 7,8 Turn ¼ right stepping onto right, touch left toes to left side pulling right shoulder back 右轉90度右足踏, 左足趾左點右肩向後

第六段 ¼ left, hitch, flick, cross, full unwind left, out, out, in, in, forward, forward, back, back

- 1 Turn ¼ turn left stepping onto left 左轉90度左足踏
- &2 Hitch right flicking right ankle to right (&), keeping right hitched flick right ankle to left 右足抬向右勾, 右足抬向左勾
- 3,4 Cross step right over left, unwind full turn left ending with weight on left 右足於左足前交叉踏, 左繞轉圈結束重心在左足
- &5 Step right out to right side (&), step left out to left side
右足右前踏, 左足左前踏
- &6 Return right to place (&), return left to place 右足回踏, 左足回踏
- &7 Step right forward, step left forward 右足前踏, 左足前踏
- &8 Step right back, step left back 右足後踏, 左足後踏
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