

Cooler Than Me (zh)

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Cooler Than Me - Mike Posner



第一段 Coaster Step, Step ¼ Touch, Sailor Step, Lock, ½ Turn.

- 1&2 Step left back, step right next left, step left forward
左足後踏, 右足併踏, 左足前踏
- 3-4 Step right forward, make ¼ right and touch left toes to left side
右足前踏, 右轉90度左足趾左點
- 5&6 Step left behind right, step right to right side, step left to left side 左足於右足後踏, 右足右踏, 左足左踏
- 7-8 Lock right behind left, ½ turn right
右足於左足後鎖, 右轉180度

第二段 Step, Touch, Kick Ball Step, And Step, Touch, 2x Walks Back

- 1-2 Step left to left side, touch right next left
左足左踏, 右足併點
- 3&4 Kick right foot forward, step right next left, step left forward
右足前踢, 右足併踏, 左足前踏
- &56 Step right next left, step left forward, touch right next left
右足併踏, 左足前踏, 右足併點
- 7-8 Step right back, step left back 右足後踏, 左足後踏

第三段 And Cross, Step Back, Coaster Kick Ball Step, 3x Walks Forward.

- &1-2 Step right back, cross left over right, step right back
右足後踏, 左足於右足前交叉踏, 右足後踏
- 3&4 Step left back, step right next left, kick left foot forward
左足後踏, 右足併踏, 左足前踢
- &5 Step left next right, step right foot forward.
左足併踏, 右足前踏
- 6-8 Walk left, right, left. 前走-左, 右, 左

第四段 And Rock, Recover, Behind Side Cross ¼ Turn, And Behind And Cross, Out Out, Drag

- &12 Step right next left, rock left foot forward, recover weight on right foot 右足併踏, 左足前下沉, 右足回復
- 3&4 Step left back, ¼ turn right and step right to right side, cross left over right 左足後踏, 右轉90度右足右踏, 左足於右足前交叉踏
- &5&6 Step right to right side, cross left behind right, step right to right side, cross left over right
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- &78 Step right out to right side, step left out to left side, drag both feet to the middle 右足右踏, 左足左踏, 雙腳拖併回踏

RESTART here! Just the 1st wall 第一面牆跳至此, 從頭起跳

第五段 Step, Touch, Step 1/4 Turn, Touch, Step Back, ¼ Turn Side, And Side, Together

- 1-2 Step left forward, touch right toes forward
左足前踏, 右足趾前點
- 3-4 Step right back, ¼ turn right and touch left next right
右足後踏, 右轉90度左足併點
- 5-6 Step left back, ¼ turn right and step right to right side
左足後踏, 右轉90度右足右踏

&78 Step left next right, step right to right side, step left next right
左足併踏, 右足右踏, 左足併踏

第六段 And Lock, Step, And Lock, Step, Coaster Step Forward, Hold, And Back.

&1-2 (to the right diagonal) Step right forward, lock left behind right, step right forward (右斜前)右足前踏, 左足於右足後鎖踏, 右足前踏

&3-4 Step left forward, lock right behind left, step left forward
左足前踏, 右足於左足後鎖踏, 左足前踏

5&6 Step right forward, step left next right, step right back
右足前踏, 左足併踏, 右足後踏

7&8 Hold, step left next right, step right back. 候, 左足併踏, 右足後踏

第七段 Shuffle Back, Shuffle ½ Turn, Jazz Box 3/8 Turn.

1&2 Step left behind, step right next left, step left behind
左足後踏, 右足併踏, 左足後踏

3&4 ½ turn right (to the other diagonal!) Step right forward, step left next right, step right forward
右轉180度(面向另一斜角)右足前踏, 左足併踏, 右足前踏

5-6 Cross left over right, step right back
左足於右足前交叉踏, 右足後踏

7-8 3/8 turn left and step left forward, step right to the right side
左轉135度左足前踏, 右足右踏

第八段 Crosse Side Behind 1/8, Behind Side Step 1/8, Rock, Recover, ¾ Turn Left.

1&2 Cross left over right, 1/8 turn left step right to the right side, step left back 左足於右足前交叉踏, 左轉45度
右足右踏, 左足後踏

3&4 Step right back, 1/8 turn left step left to the left side, step right forward 右足後踏, 左轉45度左足左踏, 右足前踏

5-6 Rock left foot forward, recover weight on right foot
左足前下沉, 右足回復

7-8 On ball of right foot make a ¾ turn to the left and start again with a coaster step with your left foot !
重心在右足以2拍左轉270度, 接續第1拍的海岸步
