

Don't Want You Back (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jane Boyd (USA) - 2011年03月
音乐: Don't Want You Back - Robyn : (CD: Robyn Is Here 97)



前奏 : Intro: 16 count 16拍後起跳

第一段 Heel Jacks, Cross & Twist, Point 2x

- 1&2& Cross R over L, Step L out to L side, Touch R heel, Step R next to L 右足於左足前交叉踏, 左足左踏, 右足踵前點, 右足併踏
- 3&4& Cross L over R, Step R out to R side, Touch L heel, Step L next to R 左足於右足前交叉踏, 右足右踏, 左足踵前點, 左足併踏
- 5&6 Cross R over L, Twist both heels to R, Twist both heels back in place (Weight on R) 右足於左足前交叉踏, 雙足踵向右旋轉, 雙足踵轉回(重心在右足)
- 7&8 Point L out to L side, Replace L next to R, Point R out to R side 左足左點, 左足併踏, 右足右點

第二段 Brush, Hitch, Step, Coaster, ¼ Bump, ¼ Turn Sliding Back, Step Together, Step To R

- 1&2 Brush ball of R forward, Hitch R knee, Step R back 右足前刷, 右膝抬, 右足後踏
- 3&4 Step L back, Step R next to L, Step L forward 左足後踏, 右足併踏, 左足前踏
- 5& Making ¼ turn to L stepping R forward and bumping R hip, Replace weight to L (9:00) 左轉90度右足前踏 右推臀, 重心回左足(面向9點鐘)
- 6-7 Making another ¼ turn to L stepping R back, Drag L heel (6:00) 左轉90度右足後踏, 左足踵拖併(面向6點鐘)
- &8 Step L next to R, Step R out to R side 左足併踏, 右足右踏

RESTART: ON Wall 5, &8 is a step together and touch the R next to the left.
第五面牆&8, 一個併踏後一個右足併點後, 從頭起跳

第三段 Look, Snap, Diagonal Shuffle, Skate 2x, Mambo with 3/8 turn

- 1 Look over R shoulder 向右看
- 2 Bump R hip to R side while snapping R hand out to side 右足右推臀, 右手擺在右彈指
- 3&4 Step L forward and to L diagonal, Step R next to L, Step L forward (5:00) 左足左斜角前踏, 右足併踏, 左足前踏(面向5點鐘)
- 5-6 Skate R forward, skate L forward 右足前滑冰, 左足前滑冰
- 7&8 Rock forward on R, Recover on L, Step forward on R making a 3/8 turn to R (9:00) 右足前下沉, 左足回復, 右足前踏右轉135度

第四段 Turning ½ Shuffle 2x, Mambo Pushing Butt Out, Hold, Knee Pops

- 1&2 Make ½ turn R stepping L back, R next to L, then L back again (3:00) 右轉180度左足後踏, 右足併踏, 左足後踏(面向3點鐘)
- 3&4 Make another ½ turn to R stepping R forward, L next to R, then R forward again (9:00) 右轉180度右足前踏, 左足併踏, 右足前踏(面向9點鐘)
- 5&6 Rock forward on L, Recover on R, Step L next to R pushing butt out 左足前下沉, 右足回復, 左足併踏後推臀
- 7&8 Hold (7), Pop knees out to L (&) then R (8) 候, 雙膝彈向左, 雙膝彈向右