

That Man (那個人) (zh)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Ria Vos (NL) - 2010年02月
音乐: That Man - Caro Emerald : (CD: Deleted Scenes from the Cutting Room Floor)



前奏 : Intro: 32 counts 32拍後起跳

- 第一段 Step, Bounce Heels, Swivel Toes ¼ Turn L, Swivel Heels L, Rock Back, Recover, Scuff, Step, Lock, Step, Diagonal Rock Fwd**
踏, 踵彈, 左1/4趾轉, 踵轉, 後下沉 回復, 擦踢, 後鎖步, 斜前下沉
- 1&2 Step Fwd on R, Bounce Both Heels Up, Down (weight on heels)
右足前踏, 雙足踵彈起, 雙足踵踏
- 3-4 Swivel Both Toes into ¼ Turn Left, Swivel Both Heels Left (9:00)
雙足趾左轉90度, 雙足踵左旋轉
- Option: Double the swivels counting 3&4& 可以3&4&拍子旋轉兩次
- 5& Rock Back on R, Recover on L, 右足後下沉, 左足回復
- 6& Scuff R Fwd, Step R Fwd (Slightly to R Diagonal)
右足前擦踢, 右足略斜前踏
- 7& Lock L Behind R, Step R Fwd (Slightly to R Diagonal),
左足於右足後鎖踏, 右足略斜前踏
- 8 Rock/Lunge L Fwd to Left Diagonal (Styling: L Shoulder Fwd and Up)
左足斜前下沉(左肩向前)
- 第二段 Recover, Sailor ¼ Turn L, Tap, Step, Fwd Mambo Bump, Rock Fwd, ½ Turn R 回復, 水手轉1/4, 點, 踏, 曼波推臀, 曼波轉**
- 1 Recover on R Sweeping L From Front to Back
右足回復左足由前繞至後
- 2&3 Cross L Behind R Turning ¼ Left, Step R next to L, Step Fwd on L (6:00)
左足於右足後交叉踏轉90度, 右足併踏, 左足前踏
- &4 Tap R next to L, Step Fwd on R 右足併點, 右足前踏
- 5&6 Rock Fwd on L, Recover on R, Step L Next to R with Backwards Bump
左足前下沉, 右足回復, 左足併踏後推臀
- 7&8 Rock Fwd on R, Recover on L, ½ Turn R Step Fwd on R (12:00)
右足前下沉, 左足回復, 右轉180度右足前踏(面向12點鐘)
- 第三段 Full Turn R, Big Step Fwd, Together, Toe Fan, Hitch, Together, Side Mambo 右轉圈, 前大步, 併, 趾扇轉, 抬, 併, 側曼波**
- 1-2 ½ Turn R Step Back on L, ½ Turn R Step Fwd on R (option:Flick on & Counts &1&2) 右轉180度
左足後踏, 右轉180度右足前踏
(選擇版:可以&1&2處理, &拍部份為抬的動作)
- 3-4 Big Step Fwd Leading with L Heel, Step R Together (weight on heel)
左足前大步, 右足併踏(重心在足踵)
- 5& Fan Right Toe Out, In 右足趾扇形轉-向外, 向內
- 6& Hitch R, Step R Next to L 右足抬, 右足併踏
- 7&8 Rock L to Left Side, Recover on R, Step L Next to R
左足左下沉, 右足回復, 左足併踏
- 第四段 Side Rock, Kick & Kick & Touch, Hip Bumps, Side, Together, Back**
側下沉 回復, 踢 併 踢 併 點, 推臀, 側, 併, 後

- 1& Rock R to Right Side, Recover on L 右足右下沉, 左足回復
- 2& Kick R to Left Diagonal, Step Slightly to Right Side and Back on R, 右足左斜前踢, 右足略後踏
- 3&4 Kick L to Right Diagonal, Step Slightly to L Side and Back on L, Touch R next to L 左足右斜前踢, 左足略後踏, 左足併點
- 5&6& Bump R Up and to Right Side, Recover – Repeat
右推臀, 回復, 右推臀, 回復
- 7&8 Step R to Right Side, Step L Next to R, Step Back on R
右足右踏, 左足併踏, 右足後踏

**第五段 Coaster Step, Step ¼ Turn L, Cross, ½ Turn R, Cross & Heel & Touch
海岸步, 踏 1/4, 交叉, 1/2, 交叉 踏 踵 踏 點**

- 1&2 Step Back on L, Step R Next to L, Step Fwd on L
左足後踏, 右足併踏, 左足前踏
- 3&4 Step Fwd on R, Pivot ¼ Turn Left, Cross R Over L (9:00)
右足前踏, 左軸轉90度, 右足於左足前交叉踏(面向9點鐘)
- 5&6 ¼ Turn R Step Back on L, ¼ Turn R Step R to Right Side, Cross L over R (3:00)
右轉90度左足後踏, 右轉90度右足右踏, 左足於右足前交叉踏(面向3點鐘)
- &7 Step R to Right Side, Touch L Heel to Left Diagonal
右足右踏, 左足踵左斜前點
- &8 Step Down on L, Touch R next to L 左足踏, 右足併點

**第六段 Boogie Walk Fwd x2, Run Fwd x3, Step, Pivot ½ Turn L, Fwd Triple Full Turn L 布吉前走二次, 前
跑三次, 踏轉, 三步轉圈**

- 1-2 Walk Fwd R, L (Lifting Hip and Stepping Fwd with a circular movement) 前走步-右, 左(前走帶轉
臀)
- 3&4 “Run” Fwd R, L, R 前跑步-右, 左, 右
- 5-6 Step Fwd on L, Pivot ½ Turn Right (9:00)
左足前踏, 右軸轉180度(面向9點鐘)
- 7&8 Full Triple Turn Right Stepping L, R, L (Moving Fwd)
三步右轉圈-左, 右, 左(向前移動)
(option: L Shuffle Fwd) 簡易版: 前交換
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