

Gonna Get Over You (不再猶豫) (zh)

COPPER KNOB
BY STEPHEN T. S.

拍数: 64 墙数: 1 级数: Intermediate
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音乐: Gonna Get Over You - Sara Bareilles : (Album: iTunes)



Intro : 16 Count From The Start of The Track (Approx. 9 Seconds Into Track)
(前奏16拍)

Section 1 [1 - 8] WEAVE,STEP, CROSS UNWIND FULL TURN ,STEP

第一個8拍:

- 1- 2 Cross R over L(1), Step L to left side(2)
- 3 - 4 Step R behind L(3),, Step L to left side(4)
- 5 - 6 Cross R over L(5) , Unwind full turn left(6)
- 7 - 8 Step R to right side, Step L in place (12:00)
- 1 - 4 右足交叉左足前(1)、左足左側踏(2), 右足交叉左足後方(3)、左足左側踏(4)
- 5 - 8 右足交叉左足左旁(5), 左旋轉360(一圈)(6), 右足右踏, 重心回左足 (12:00)

Section 2 [9 - 16] : (JUMP,POINT)X2 , STEP , HIP BUMP

第二個8拍::

- 1 - 2 Jump R in place(1) , Point L to left side(2)
- 3 - 4 Jump L in place (3) , Point R to right side (4)
- 5 - 6 Jump R in place , Toe strut L beside R , Hip up left (5) Hip down to right(6)
- 7 - 8 Hip bump (L , R)

(Left hand up and down)

- 1 - 4 右足原地踏(1), 左足左側點(左手彈指由上往下)(2), 左足原地踏(3), 右足右側點(右手彈指由上往下)(4)
- 5 - 8 右足原地踏, 左足足尖左側點, 重心放右足, 左臀上提(5), 推臀右左右(6.7.8)

(左手跟隨拍子上下上下)

Section 3 [17 - 24]: CROSS , HOLD , (POINT , HITCH KNEE)X3

第三個8拍:

- 1 - 2 Cross step L over R(1)、 Hold (2)
- 3 - 4 Point R to right side(3), Hitching R knee up(4)
- 5 - 8 Repeat twice (3 - 4)

(Right hand moves up and down along with right foot)

- 1 - 2 左足右前交叉(1), 停(2)
- 3 - 4 右足足尖右側點(3), 右膝向左前斜提(4)
- 5 - 8 重複 (3 - 4) 的動作2次

(右手從第三拍開始跟隨提膝動作上下擺動)

Section 4 [25 - 32]: JAZZ BOX

第四個8拍: 爵士方塊

- 1 - 2 Cross R over L(1) , Hold(2)
- 3 - 4 Back L (3) , Hold(4)
- 5 - 6 Step R to right side(5) , Hold(6)
- 7 - 8 Step L forward (7) , Hold (8) (12:00)
- 1 - 8 右足交叉左足前(1), 停(2), 左足後退(3), 停(4), 右足右側踏(5), 停(6), 左足前踏(7), 停(8)。

Section 5 [33 - 40]: POINTX3 , HOOK , 1/4 R LOCK , 1/4 R CHASSE

第五個8拍:

- 1 - 2 Point R diagonal forward(1:00)(1), Point R diagonal forward (11:00)(2)
- 3 - 4 Point R diagonal forward(1:00)(3), Hook R (4)
- 5 & 6 1/4 Turn right Lock step R forward(3:00)(5),step L behind R(&),Step R forward(6)

- 7 & 8 1/4 turn right Step L to left side(6:00)(7), Step R Next to L(&), Step L to L Side(8)(6:00)
 1 – 2 右足右斜前點(1:00) (1) , 右足左斜前點(11:00) (2)
 3 – 4 右足右斜前點(1:00) (3) , 右足後勾(4)
 5 & 6 右轉1/4右足前交換步(右左右)(3:00)
 7 & 8 右轉1/4左足左側交換步(左右左)(6:00)

Section 6 [41 – 48]: ROCKING CHAIR x2

第六個8拍 :右足搖椅步 , 停 , 左足搖椅步 , 停

- 1 – 2 Step R forward(1),Recover on L(2)
 3 – 4 Step back on R(3) , Hold(4)
 5 – 6 Step L forward(5),Recover on R(6)
 7 – 8 Step back on L(7) , Hold(8)
 1 – 2 右足前踏(1) , 重心回左足(2)
 3 – 4 右足後踏(3) , 停(4)
 5 – 6 左足前踏(5) , 重心回右足(6)
 7 – 8 左足後踏(7) , 停(8) (6:00)

Section 7 [49 - 56]: POINTX3 , 1/4 R HOOK , LOCK , 1/4 R CHASSE

第七個8拍:

- 1 - 2 Point R diagonal forward(7:00)(1), Point R diagonal forward (5:00) (2)
 3 – 4 Point R diagonal forward(7:00)(3), Hook R (4)
 5 & 6 1/4 turn rightLock step R forward(9:00)(5),step L behind R(&),Step R forward(6)(9:00)
 7 & 8 1/4 turn right Step L to left side(12:00)(7), Step R Next to L(&), Step L to L Side(8)(12:00)
 1 – 2 右足右斜前點(7:00) (1) , 右足左斜前點(15:00) (2)
 3 – 4 右足右斜前點(7:00) (3) , 右足後勾(4)
 5 & 6 右轉1/4右足前交換步(右左右)(9:00)
 7 & 8 右轉1/4左足左踏(12:00) (7) , 右足併左足旁(&) , 左足左踏(8)(12:00)

Section 8 [57 – 64]: 1/4 TURN RIGHT STEP,HITCH , X4

第八個8拍:

- 1 – 2 1/4 Turn left Step R(9:00)(1) , Hitch L forward(2)
 3 – 4 1/4 Turn left t Step L(6:00)(3) , Hitch R forward(4)
 5 – 6 1/4 Turn left t Step R(3:00)(5) , Hitch L forward(6)
 7 – 8 1/4 Turn left t Step L(12:00)(7) , Hitch R forward(8)

(Both hands move freely).....

- 1 – 2 左轉右足前踏左足前踢(9:00)
 3 – 4 左轉右足前踏左足前踢 (6:00)
 5 – 6 左轉右足前踏左足前踢 (3:00)
 7 – 8 左轉右足前踏左足前踢 (12:00)

(雙手跟隨拍子做較大的隨意擺動)

RESTART:

1. During wall 2 & 6 after count 47-48 pivot 1/2turn (facing12:00) . Then restart the dance again.
2. During wall 4 after count 8 (facing12:00) . Then restart the dance again.
1. 第2 & 第6面牆進行到47拍 , 左足前踏右轉1/2(面向12:00)重頭開始
2. 第4面牆進行到第8拍(面向12:00)重頭開始。

Have fun!!! Happy Dance

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