

# Just One Look (驚鴻一瞥) (zh)

COPPERKNOB  
STEPPERS

拍数: 32                      墙数: 4                      级数: Intermediate  
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音乐: Just One Look - The Hollies : (CD: Finest - 2:31)



前奏 : 16 Count Intro. Approx 8 seconds

## 第一段 Shuffle Back, Back Rock, Shuffle Forward, Step ¼ Turn L. 後交換, 後下沉, 前交換, 踏轉1/4

- 1&2 Shuffle back R, L, R.  
後交換 後交換步-右, 左, 右
- 3,4 Rock back on L, recover weight to R. (Optional look back over L shoulder).  
下沉回復 左足後下沉, 右足回復(左肩後看)
- 5&6 Shuffle forward L, R, L.  
前交換 前交換-左, 右, 左
- 7,8 Step forward on R, make a ¼ turn L. (Weight now on L). (9 o'clock).  
踏90 右足前踏, 左轉90度(重心在左足)(面向9點鐘)

## 第二段 Cross Toe Strut, Side Toe Strut, Cross Back, Side Shuffle. 交叉趾踵, 側趾踵, 交叉後, 側交換

- 1,2 Cross touch R toe over L, drop R heel.  
點踏 右足趾於左足前交叉點, 右足踵踏
- 3,4 Touch L toe to L side, drop L heel.  
點踏 左足趾左點, 左足踵踏
- 5,6 Cross step R over L, step L back.  
交叉踏 右足於左足前交叉踏, 左足後踏
- 7&8 Step R to R side, close L beside R, step R to R side. (9 o'clock).  
右交換 右足右踏, 左足併踏, 右足右踏(面向9點鐘)

## 第三段 Cross Toe Strut, Side Toe Strut, Cross Back, Side Shuffle. 交叉趾踵, 側趾踵, 交叉後, 側交換

- 1,2 Cross touch L toe over R, drop L heel.  
點踏 左足趾於右足前交叉點, 左足踵踏
- 3,4 Touch R toe to R side, drop R heel.  
點踏 右足趾右點, 右足踵踏
- 5,6 Cross step L over R, step R back.  
交叉踏 左足於右足前交叉踏, 右足後踏
- 7&8 Step L to L side, close R beside L, step L to L side. (9 o'clock).  
左交換 左足左踏, 右足併踏, 左足左踏(面向9點鐘)

## 第四段 Cross Point, Behind Point, Back Rock, Forward Rock. 交叉點, 後點, 後下沉, 前下沉

- 1,2 Cross step R over L, point L toe to L side.  
交叉點 右足於左足前交叉踏, 左足趾左點
- 3,4 Cross step L behind R, point R toe to R side.  
交叉點 左足於右足後交叉踏, 右足趾右點
- 5,6 Rock back on R, recover weight to L.  
後下沉 回復 右足後下沉, 左足回復

7,8 Rock forward on R, recover weight to L. (9 o'clock).

前下沉 回 右足前下沉, 左足回復(面向9點鐘)

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