

JR Drop (撩落去) (zh)

COPPER KNOB
STYLEDANCE

拍数: 48 墙数: 2 级数: Intermediate/Advanced
编舞者: Rachael McEnaney (USA) & Jessica Langstaff (UK) - 2008年07月
音乐: Move, Shake, Drop (feat. Pitbull & Flo Rida) - DJ Laz
或: In the Ayer (feat. Will.I.am) - Flo Rida



前奏 : Count In: 32 counts intro from start of both tracks

第一段 Dance starts with feet apart! 開始起跳時, 雙腳分開站

Twist right, twist left, twist right x2, ball cross, ¼ turn, right side shuffle 右旋轉, 左旋轉, 右旋轉二次, 踏交叉, 轉1/4, 右交換步

& 1 & 2 Twist right heel in towards left (&), 右足踵推向左足
Return right heel to place (1), 右足踵回原位
Twist left heel in towards right (&), 左足踵推向右足
return left heel to place [12.00] 左足踵回原位(面向12點鐘)

& 3 & 4 Twist right heel in towards left (&), 右足踵推向左足
return right heel to place (3), 右足踵回原位
twist right heel in towards left (&), 右足踵推向左足
return right heel to place (4) [12.00] 右足踵回原(面向12點鐘)

& 5 - 6 Step slightly back on left foot (&), 左足略後踏
cross right over left (5), 右足於左足前交叉踏
Make ¼ turn right stepping back on left (6) [3.00]
右轉90度左足後踏(面向3點鐘)

7 & 8 Step right to right side (7), 右足右踏
step left next to right (&), 左足併踏
step right to right side (8) [3.00] 右足右踏(面向3點鐘)

第二段 Hitch left, step left, hitch right with ½ turn, step right, twist into ¼ turn right, scoot back, coaster step

左抬, 左踏, 右抬轉1/2, 右踏, 右旋轉1/4, 後獨腳跳, 海岸步

1 - 2 Hitch left leg (styling throw right arm across over left leg) (1),
左腳抬起(右手跨過左腳上)
step left to left side (2) [3.00] 左足左踏(面向3點鐘)

3 - 4 Hitch right leg as you make ½ turn right on ball of left (3),
右腳抬起重心在左足轉180度
step right to right side (4) [9.00] 右足右踏(面向9點鐘)

& 5 Twist upper body to left (&), 身體旋轉向左
make ¼ turn right stepping forward on right
(take all weight onto right almost like a stomp) (5) [12.00]
右轉90度右足前重踏(面向12點鐘)

6 Scoot (jump/hop) back on right foot as you kick left foot forward (6) (easy option: would just be to kick left foot forward) [12.00]
右足獨腳後跳左足向前踢(面向12點鐘)
簡易版:左足前踢

7 & 8 Step back on left (7) 左足後踏
step right next to left (&) 右足併踏
step forward on left (8) [12.00] 左足前踏(面向12點鐘)

第三段 Step right, left, rolling vine right into slide, hold, ¼ sailor step left 右, 左, 轉華倫帶滑, 候, 左轉1/4水手

- 1 - 2 Step right to right side (1) 右足右踏
step left to left side (feet shoulder width apart) (2) [12.00]
左足左踏(雙腳與肩同寬)(面向12點鐘)
- 3 - 4 Make ¼ turn right stepping forward on right (3)
右轉90度右足前踏
make ½ turn right stepping back on left (4) [9.00]
右轉180度左足後踏(面向9點鐘)
- 5 - 6 Make ¼ turn right as you take a big step to right side (5)
右轉90度右足右一大步
slide left towards right (HOLD no weight change) (6) [12.00]
左足向右足滑併(重心仍在右足)(面向12點鐘)
- 7 & 8 Cross left behind right (7) 左足於右足後交叉踏
make ¼ turn left stepping right next to left (&)
左轉90度右足併踏
step forward on left (8) [9.00] 左足前踏

第四段 Right kick hook kick, Left kick hook kick, Right jazz box with ¼ turn
右踢勾踢, 左踢勾踢, 右轉90度爵士方塊

- 1 & 2 & Kick right foot forward (1) 右足前踢
hook right foot in front of left shin (&) 右足於左足前勾
kick right foot forward (2) 右足前踢
step right next to left (&) [9.00] 右足併踏
- 3 & 4 & Kick left foot forward (3) 左足前踢
hook left foot in front of right shin (&) 左足於右足前勾
kick left foot forward (4) 左足前踢
step left next to right (&) [9.00] 左足併踏
- 5 - 8 Cross right over left (5) 右足於左足前交叉踏
step back on left (6) 左足後踏
make ¼ turn right stepping forward on right (7)
右轉90度右足前踏
step left to left side (8) [12.00] 左足左踏(面向12點鐘)

第五段 Rock forward & side, sailor ¼ turn right, rock forward & back, step forward, heel twists with ½ turn
前下沉&側, 右轉1/4水手, 前下沉&後, 前踏, 踵轉1/2

- 1 & 2 & Cross rock right over left (1) 右足於左足前交叉下沉
recover weight onto left (&) 左足回復
rock right to right side (2) 右足右下沉
recover weight onto left (&) [12.00] 左足回復(面向12點鐘)
- 3 & 4 Cross right behind left (3) 右足於左足後交叉踏
make ¼ turn right stepping left next to right (&)
右轉90度左足併踏
step forward on right (4) [3.00] 右足前踏(面向3點鐘)
- 5 & 6 & Rock forward on left (5) 左足前下沉
recover weight onto right (&) 右足回復
rock back on left (6) 左足後下沉
recover weight onto right (&) [3.00] 右足回復(面向3點鐘)
- 7 & 8 Step forward on left (7) 左足前踏
make ¼ turn right as you twist right heel to left (&)
以足踵右轉90度
make ¼ turn right as you twist left heel to left [9.00]
以足踵右轉90度(面向9點鐘)

第六段 Right coaster step, hitch with leg circle into ¼ turn left, jump feet in then out, 3 jumps forward
右海岸步, 抬左足左轉90度, 跳內 跳外 前跳三次

- 1 & 2 Step back on right (1) 右足後踏
step left next to right (&) 左足併踏
step forward on right (2) [9.00] 右足前踏(面向9點鐘)
- 3 - 4 Hitch left leg making a circle action with leg anticlockwise as you make a ¼ turn left on ball of right
(3)
左腳抬起逆時針重心在右足左轉90度
step left to left side (4) [6.00] 左足左踏
- & 5 Jump both feet in closing together (&) 雙腳合併跳
jump both feet out (5) [6.00] 雙腳分開跳(面向6點鐘)
- 6 - 8 With feet still apart jump forward 3 times (these jumps are more like chugs forward try not to take
feet off floor and keep head same height) (6, 7, 8) [6.00]
雙腳分開往前跳三次(試著讓腳不離地, 頭保持同一高度)(面向6點鐘)
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