

Juvenile (肖年仔) (zh)

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate/Advanced
编舞者: Shaz Walton (UK) - 2009年02月
音乐: Bust Your Windows - Jazmine Sullivan



前奏: Count in: 32 from first heavy beat- start on the word CAR. 32拍後, 唱到Car時起跳

第一段 **Figure Of 8 Hip Rolls. Chasse -Straight Flick. Cross. ¼. Back Lock Step.**
8字轉臀, 左追步帶勾, 交叉 1/4, 後鎖步

- 1-3 In figure of 8 motion, roll hips right-left-right (weight ends right) 轉臀部呈8字型-右, 左, 右(重心在右足)
4&5 Step left to left. Step right beside left. Step left to left as you flick right to right side. 左足左踏, 右足併踏, 左足左踏右足右勾
6-7 Cross right over left. Make ¼ right stepping back left. 右足於左足前交叉踏, 右轉90度左足後踏
8&1 Step right back. Lock left over right. Step back right. 右足後踏, 左足於右足前鎖踏, 右足後踏

第二段 **Rock Back. Recover. ¾. Press. Recover. Step. Press. Run Back X3.**
後下沉 回復, 1/4 1/2, 壓 回, 踏 壓, 後跑三次

- 2-3 Rock back left. Recover on right. 左足後下沉, 右足回復
4& Make ¼ right stepping left to left. Make ½ right stepping right in place. 右轉90度左足左踏, 右轉180度右足踏
5-6 Press left forward. Recover on right. 左足前壓踏, 右足回復
&7 Step left beside right. Press right forward. (Make the presses strong & expressive) 左足併踏, 右足前重壓踏
8&1 Make 3 small runs back left-right-left. 3個向後小跑步-左, 右, 左

第三段 **Point. Step. Dip. Rock. Step. Side. Cross. Step. Cross. Side**
點 收 蹲, 交叉曼波, 交叉交換, 右踏

- 2&3 Point right to right side. Step right beside left. Step left to left as you dip & recover 右足右點, 右足併踏, 左足左踏(蹲)
4&5 Cross rock right over left. Recover on left. Step right to right. 右足於左足前交叉下沉, 左足回復, 右足右踏
6&7 Cross step left over right. Step right to right. Cross step left over right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
8 Step right to right. 右足右踏

第四段 **Rock. Recover. ¼ Press. Recover. ¼ .Press. Recover. ¼ . Press. Recover. ¼ . Cross. Side. Step/ Flick.**
後下沉 回復 左1/4重壓, 回 1/4併 重壓踏, 回復 1/4併 重壓踏, 回復 1/4 交叉, 左, 併伸直

- 1&2 Rock back on left. Recover on right. Make ¼ left as you press left forward. 左足後下沉, 右足回復, 左轉90度左足前重壓踏
3&4 Recover on right. Make ¼ left stepping left beside right. Press right forward. 右足回復, 左轉90度左足併踏, 右足前重壓踏
5&6 Recover on left. Make ¼ left stepping right beside left. Press left forward. 左足回復, 左轉90度右足併踏, 左足前重壓踏
7&8 Recover on right. Make ¼ left stepping left beside right. Cross step right over left. 右足回復, 左轉90度左足併踏, 右足於左足前交叉踏
&1 Step left to left. Step right beside left as you flick (straight leg) Left to left side. 左足左踏, 右足併踏左足伸直向左

- 第五段** **Cross. ¼. Reversed Dipped Triple ¾. ¼ Raise. Forward. Run R-L-R/Kick.**
交叉 1/4, 蹲三步轉3/4, 1/4 踏, 跑 跑 跑踢
- 2-3 Cross left over right. Make ¼ left as you step back right.
左足於右足前交叉踏, 左轉90度右足後踏
- 4&5 Stepping L-R-L & ending with L over R – dip slightly as you make a ¾ triple left.
略蹲做三步左轉270度-左, 右, 最後左足於右足前交叉踏
- 6-7 Step right back making ¼ left as you raise left forward. Step left forward. 右足後踏左轉90度, 左足前踏
- 8&1 Run forward (small steps) R-L. Step right forward as you kick left forward (lean back- contract upper body)
向前小跑步-右, 左, 右足前踏左足前踢(身體向後)

- 第六段** **Forward. Touch. Out. In. Side. Rock Back. Recover. ½. Together. Cross Point.踏點, 右點 併點 右大步, 後下沉 回復, 轉 併 交叉點**
- 2-3 Step forward left. Touch right beside left.
左足前踏, 右足併點
- 4&5 Point right to right. Touch right beside left. Take a big step to the right. 右足右點, 右足併點, 右足右一大步
- 6-7 Rock back on left. Recover on right.
左足後下沉, 右足回復
- 8&1 Make ½ turn right stepping back left. Step right to right. Point left across right. 右轉180度左足後踏, 右足右踏, 左足於右足前交叉點

第七段 **Slow Sweep ¼. Behind. Side. Forward. Cross ¼. Side. Rock Back. Side.**
慢繞轉1/4, 後 旁 前, 1/4交叉 左, 後下沉 回復 右

- 2-3 Making a ¼ turn left slowing sweep left foot out.
左轉90度左足以2拍向後繞
- 4&5 Cross step left behind right. Step right to right. Step left forward.
左足於右足後交叉踏, 右足右踏, 左足前踏
- 6-7 Make ¼ right as you cross step right over left. Step left to left.
右轉90度右足於左足前交叉踏, 左足左踏
- 8&1 Cross rock right behind left. Recover on left. Step right to right side.
右足於左足後交叉下沉, 左足回復, 右足右踏

第八段 **Hold.Ball Step. Hold. Ball. Cross. Side. 1 ¼ Turn Right.**
候 併 踏, 候 併 交叉, 左踏 右1 1/4圈

- 2&3 Hold. Step left beside right. Step right to side.
候, 左足併踏, 右足右踏
- 4&5-6 Hold. Step left beside right. Cross step right over left. Step left to left. 候, 左足併踏, 右足於左足前交叉踏, 左足左踏
(Make the ball steps smooth & sexy making full use of your hips & Shoulders) &3 &5擺動臀部及肩膀做很順暢及性感的動作
- 7&8&8 Make a 1 ¼ right stepping R-L-R-L – finish facing your new wall with left stepped to left side ready to start the figure of 8 hips
以4步右轉一又1/4圈-右, 左, 右, 左, 結束時, 左足左踏開始8字型轉臀

8 count TAG: END of wall 2 (Facing the front)
第二面牆(面向前牆), 加8拍

Figure Of 8 Hip Rolls. Chasse Left. Figure Of 8 Hip Roll. Chasse Right.
8字型轉臀, 左追步, 8字型轉臀, 右追步

- 1-3 In figure of 8 motion, roll hips right-left-right (weight ends right) 8字型轉臀-右, 左, 右(重心在右足)
- 4&5 Step left to left. Step right beside left. Step left to left.
左足左踏, 右足併踏, 左足左踏
- 6-7 figure of 8 motion, roll hips right-left (weight ends left)
8字型轉臀-右, 左(重心在左足)
- 8&1 step right to right. Step left beside right. Roll hips to right (Count 1 is the start of your new wall)
右足右踏, 左足併踏, 右轉臀接續第1拍開始8字型轉臀

