

Keep It Up (堅持下去) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
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音乐: I Won't Tell - Jay Sean : (CD: On My Own)



前奏: 32 Counts intro 32拍後起跳

- 第一段** **Left Step Forward. Side Rock 1/4 Turn Left. Right Coaster 1/4 Turn Right. Step. Pivot 1/4 Turn Right. Left Cross Shuffle.**
踏, 1/4右下沉 回復, 1/4海岸步, 踏 轉1/4, 交叉交換
- 1 Step forward on Left. 左足前踏
- 2 – 3 Make 1/4 turn Left stepping Right to Right side, pushing hips Right. Recover weight on Left. 左轉90度右足右踏右推臀, 左足回復
- 4&5 Make 1/4 turn Right stepping back on Right. Step Left beside Right. Step forward on Right. 右轉90度右足後踏, 左足併踏, 右足前踏
- 6 – 7 Step forward on Left. Pivot 1/4 turn Right.
左足前踏, 右軸轉90度
- 8&1 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. (Facing 3 o'clock)
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏(面向3點鐘)
- 第二段** **& Cross Rock. Left Sailor 1/2 Turn Left. Forward Rock. Jump Diagonally Back Right. Touch.**
右踏 交叉下沉 回復, 轉水手, 下沉 回復, 斜角後跳 點
- &2 – 3 Step ball of Right to Right side. Cross rock Left over Right. Rock back on Right. 右足右踏, 左足於右足前交叉下沉, 右足回復
- 4&5 Left sailor turning 1/2 turn Left stepping Left. Right. Left. (Facing 9 o'clock) 左180度水手步-左, 右, 左(面向9點鐘)
- 6 – 7 Rock forward on Right. Rock back on Left. 右足前下沉, 左足回復
- &8 Jump ball of Right Diagonally back to Right side. Touch Left toe beside Right popping Left knee in.
右足斜角右後跳, 左足趾併點左膝向內彈
- 第三段** **Side Step Left. Back Rock. Right Lock Step Forward. Lunge Forward. Cross. Back. 1/2 Turn Left.**
左大步, 後下沉 回復, 前鎖步, 前壓踏 回復, 交叉 後 轉
- 1 Long step Left to Left side, dragging Right towards Left.
左足左一大步右足拖併
- 2 – 3 Rock back on Right. Rock forward on Left. 右足後下沉, 左足回復
- 4&5 Step forward on Right. Lock step Left behind Right. Step forward on Right. 右足前踏, 左足於右足後鎖踏, 右足前踏
- 6 – 7 Lunge forward on Left. Recover weight on Right.
左足前壓踏, 右足回復
- 8&1 Cross step Left over Right. Step back on Right. Make 1/2 turn Left stepping forward on Left.
左足於右足前交叉踏, 右足後踏, 左轉180度左足前踏
- 第四段** **Full Turn Left. Right Mambo Forward. Left Mambo Back. Pivot 1/2 Turn Right. 轉 轉, 前曼波, 後曼波, 踏 轉**
- 2 – 3 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left. 左轉180度右足後踏, 左轉180度左足前踏

- 4&5 Rock forward on Right. Rock back on Left. Step back on Right. (Facing 3 o'clock) 右足前下沉, 左足回復, 右足後踏(面向3點鐘)
- 6&7 Rock back on Left. Rock forward on Right. Step forward on Left. 左足後下沉, 右足回復, 左足前踏
- 8 Pivot 1/2 turn Right. (Weight on Right) (Facing 9 o'clock) 右軸轉180度(重心在右足)(面向9點鐘)

第五段 Side Step 1/4 Turn Right. Behind & Heel Tap. Right Diagonal Kick-Ball-Cross. 1/4 Turn Right. 1/2 Turn Right. Side Rock & Cross with 1/4 Turn Right.
1/4右踏, 後旁點, 斜角踢併交叉, 1/4 1/2, 側下沉 回復 1/4交叉

- 1 Make 1/4 turn Right stepping Left to Left side. (Facing 12 o'clock) 右轉90度左足左踏(面向12點鐘)
- 2&3 Cross Right behind Left. Step ball of Left to Left side. Tap Right heel Diagonally forward Right. 右足於左足後交叉踏, 左足左踏, 右足踵斜前點
- 4&5 Kick Right Diagonally forward Right. Step ball of Right back to place. Cross step Left over Right. 右足斜角前踢, 右足踏, 左足於右足前交叉踏
- 6 – 7 Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left. 右轉90度右足前踏, 右轉180度左足後踏
- 8&1 Make 1/4 turn Right rock Right out to Right side. Recover weight on Left. Cross step Right over Left. 右轉90度右足右下沉, 左足回復, 右足於左足前交叉踏

第六段 Chasse Left. Back Rock & Point Out. Right Sailor 1/4 Turn Right. Step. Pivot 1/4 Turn Right. 左追步, 後下沉 回復 側點, 1/4轉水手, 踏 轉1/4

- 2&3 Step Left to Left side. Close Right beside Left. Step Left to Left side. (Facing 12 o'clock) 左足左踏, 右足併踏, 左足左踏(面向12點鐘)
- 4&5 Rock back Right behind Left. Rock forward on Left. Point Right toe out to Right side. 右足於左足後下沉, 左足回復, 右足趾右點
- 6&7 Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Step forward on Right. 右轉90度右足於左足後交叉踏, 左足併踏, 右足前踏
- 8 – 1 Step forward on Left. Pivot 1/4 turn Right. (Facing 6 o'clock) 左足前踏, 右軸轉90度(面向6點鐘)

第七段 Hip Bumps Diagonally Left. Behind & Cross. Hip Bumps Diagonally Right. Behind & Step Forward.
左斜角推臀, 後旁前, 右斜角推臀, 後旁前

- 2&3 Touch Left toe Diagonally forward Left – bumping hips Left. Right. Left. (Weight on Right) 左足趾斜角前點推臀-左, 右, 左(重心在右足)
- 4&5 Cross Left behind Right. Step Right to Right side. Cross step Left over Right. 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 6&7 Touch Right toe Diagonally forward Right – bumping hips Right. Left. Right. (Weight on Left) 右足趾斜角前點推臀-右, 左, 右(重心在左足)
- 8&1 Cross Right behind Left. Step Left to Left side. Step forward on Right. 右足於左足後交叉踏, 左足左踏, 右足前踏

第八段 Step Forward. Pivot 1/2 Turn Right. Left Shuffle 1/2 Turn Right. Back Rock. Right Kick-Ball-Step.
踏 轉, 轉交換, 後下沉 回復, 踢併踏

- 2 – 3 Step forward on Left. Pivot 1/2 turn Right. (Facing 12 o'clock) 左足前踏, 右軸轉180度(面向12點鐘)
- 4&5 Left shuffle turning 1/2 turn Right stepping Left. Right. Left. 右180度轉交換-左, 右, 左

6 – 7 Rock back on Right. Rock forward on Left. (Facing 6 o'clock)
右足後下沉, 左足回復(面向6點鐘)

8&(1) Kick Right forward. Step ball of Right beside Left. (1) Step forward on Left. 右足前踢, 右足併踏,
接續第1拍左足前踏
