

Fujiyama Mama (富士山媽媽) (zh)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver
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音乐: Fujiyama Mama - Wanda Jackson



- 第一段** **Toe Strut On R Diagonal, Rock Back L, Toe Strut On L Diagonal, Rock Back R** 右趾踵, 後下沉 回復, 左趾踵, 後下沉 回復
- 1-2 Step diagonally forward on toe of Rf, Lower heel
右足趾斜角前點, 右足踵踏
- 3-4 Rock back on Lf, recover 左足後下沉, 右足回復
- 5-6 Step diagonally forward on toe of Lf, Lower Heel
左足趾斜角前點, 左足踵踏
- 7-8 Rock back on Rf, recover 右足後下沉, 左足回復
- 第二段** **Chasse To The R, Rock Back On L, Continuous Chasse L With 1/4 Turn L**
右追步, 後下沉 回復, 重覆左追步帶左轉1/4
- 1&2 Step R foot to R side, close Lf next to Rf, step Rf to R side
右足右踏, 左足併踏, 右足右踏
- 3-4 Rock back on Lf, recover 左足後下沉, 右足回復
- 5&6& Step Lf to L side, close Rf next to Lf, step Lf to L side, close Rf next to Lf 左足左踏, 右足併踏, 左足左踏, 右足併踏
- 7&8 Step Lf to L side, close Rf next to Lf, Make a 1/4 turn L and step forward on Rf 左足左踏, 右足併踏, 左轉90度右足前踏
- 第三段** **(Boogie Walks) Scuff R, Step Forward R On Diagonal, Scuff L, Step Forward L On Diagonal X2** (搖滾走步)右擦踢, 斜前踏, 左擦踢 斜前踏 共二次
- 1-2 Scuff Rf forward, step Rf diagonally forward to R
右足前擦踢, 右足斜角前踏
- 3-4 Scuff Lf forward, step Lf diagonally forward to L
左足前擦踢, 左足斜角前踏
- 5-6 Scuff Rf forward, step Rf diagonally forward to R
右足前擦踢, 右足斜角前踏
- 7-8 Scuff Lf forward, step Lf diagonally forward to L
左足前擦踢, 左足斜角前踏
- Tip: for styling keep knees bent during the boogie walks
膝蓋保持彎曲, 以搖滾舞步前踏
- 第四段** **(Boogie Back) Flick Ball Change R, Walk Back R, L, Flick Ball Change, R, Walk Back R, L** (搖滾走步)右踢併併, 右後走, 左後走 共二次
- 1&2 Kick Rf diagonally forward, close Rf next to Lf, step Lf next to Rf
右足斜前踢, 右足併踏, 左足併踏
- 3-4 Step back slightly on Rf, step back slightly on Lf
右足略後踏, 左足略後踏
- 5&6 Kick Rf diagonally forward, close Rf next to Lf, step Lf next to Rf
右足斜前踢, 右足併踏, 左足併踏
- 7-8 Step back slightly on Rf, step back slightly on Lf
右足略後踏, 左足略後踏
- 第五段** **Side Step R, Hold, Close L, Hold X2 (60's Style)**
右側, 候, 左併, 候 共二次(60年代)

- 1-2 Step Rf to R side (L arm forward, R arm Back), Hold
右足右踏(左手前, 右手後), 候
- 3-4 Close Lf next to Rf (R arm forward, L arm back) , Hold
左足併踏(右足前, 左手後)
- 5-6 Step Rf to R side (L arm forward, R arm Back), Hold
右足右踏(左手前, 右手後), 候
- 7-8 Close Lf next to Rf (R arm forward, L arm back), Hold
左足併踏(右足前, 左手後)
- Tip: Keep arms low to avoid looking like you are dancing Thriller, you can even add a head Bob to make it even more 60's
雙手擺動保持略低, 不要看起來像僵屍, 可以增加60年代擺動頭部的動作
- 第六段 Rock To R Side, Recover, R Cross Shuffle, Make A Full Turn And A 1/4 To L, Touch R 右下沉 回復, 交叉交換, 1/4 1/2 1/2 併點**
- 1-2 Rock Rf to R side, recover onto Lf 右足右下沉, 左足回復
- 3&4 Cross Rf over Lf, step Lf to L side, cross Rf over Lf
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 5-6 Make a 1/4 turn L and step Lf forward, make a 1/2 turn L and step back on Rf 左轉90度左足前踏, 左轉180度右足後踏
- 7-8 Make a 1/2 turn L and step Forward onto Lf, touch Rf next to Lf
左轉180度左足前踏, 右足併點
- TAG:** At the END of Wall 5 there is an 8 count tag. 第五面牆結束時加8拍
- 1-4 Stomp Rf diagonally forward to R, hold for 2,3,4
右足斜前重踏, 候3拍
- 5-8 Stomp Lf diagonally forward to L, hold for 6,7,8
左足斜前重踏, 候3拍
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