

Firecracker (點燃我心) (zh)

COPPER KNOB
STYLEDANCE

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Robert Lindsay (UK) - 2007年08月
音乐: You Set My Heart On Fire - Helena Paparizou : (Album: Iparhi Logos)



前奏: ON VOCALS 唱歌起跳

- 第一段** **Hip Bumps R, L, R, Hip Bumps L, R, L, Step Forward, ½ Turn Kick, Left Coaster Step 推臀-右左右, 推臀-左右左, 前踏, 轉1/2踢, 左海岸步**
- 1&2 Stepping forward diagonally right, bump hips right, left, right
右斜角線前踏推臀(右, 左, 右)
- 3&4 Stepping forward diagonally left, bump hips left, right, left
左斜角線前踏推臀(左, 右, 左)
- 5-6 Step forward right. Pivot ½ turn left kicking left foot forward
右足前踏, 左轉180度左足前踢
- 7&8 Step back on left. Step right beside left. Step forward left
左足後踏, 右足併踏, 左足前踏
- 第二段** **¼ Turn Hip Bumps R, L, R, ½ Turn Hip Bumps L, R, L, Rock Back, Kick Ball Cross 轉¼推臀 右左右, 轉½推臀 左右左, 後下沉, 踢交換交叉**
- 1&2 Pivot ¼ left stepping right to right & bump hips right, left, right 左轉90度右足右踏推臀(右, 左, 右)
- 3&4 Pivot ½ turn right stepping left to left & bump hips left, right, left 右轉180度左足左踏推臀(左, 右, 左)
- 5-6 Rock back on right behind left. Recover left
右足於左足後下沉, 左足回復
- 7&8 Kick right forward. Step right beside left. Step left across in front of right 右足前踢, 右足併踏, 左足於右足前交叉踏
- 第三段** **Lunge Right, Recover, Right Coaster Step, & Lunge Right, Recover, Right Coaster Step 右曲膝踏, 回復, 右海岸步, 右曲膝踏, 回復, 右海岸步**
- 1-2 Lunge right to right. Recover weight on left
右足右曲膝踏, 左足回復
- 3&4 Step back right. Step left beside right. Step forward right
右足後踏, 左足併踏, 右足前踏
- 8&5-6 Step left beside right. Lunge right to right. Recover weight on left 左足併踏, 右足右曲膝踏, 左足回復
- 7&8 Step back right. Step left beside right. Step forward right
右足後踏, 左足併踏, 右足前踏
- 第四段** **Step ½ Turn, Shuffle ½ Turn, Rock Back, Recover, &Heel, &Touch 踏轉1/2, 轉1/2交換步, 後下沉, 回復, 足踵, 點**
- 1-2 Step forward on left. Pivot ½ turn right.
左足前踏, 右軸轉180度
- 3&4 Triple ½ turn right stepping left, right, left
右轉180度小三步(左, 右, 左)
- 5-6 Rock back right. Recover left 右足後下沉, 左足回復
- 8&7&8 Step right beside left. Touch left heel forward. Step left beside right. Touch right to left instep
右足併踏, 左足踵前點, 左足併踏, 右足併點
- 第五段** **Right Side & Left Heel Forward, Right Toe Back, ½ Turn, Step Left ½ Turn, Dip 右側 & 左足踵前, 右足趾後, 轉1/2, 踏左轉1/2, 蹲**
- 1&2 Touch right toe out to right side. Step right beside left. Step left heel out in front. 右足趾右點, 右足併踏, 左足踵前點

- 8&3-4 Step left beside right. Touch right toe back. Pivot ½ turn right taking the weight on the right.
左足併踏, 右足趾後點, 右轉180度重心在右足
- 5-6 Step left foot forward. Pivot ½ turn right.
左足前踏, 右軸轉180度
- 7-8 Keeping feet in place bend knees and dip down.
雙足原地曲膝, 蹲下

第六段 Heel Switches, Step ¼ Turn, Cross Shuffle, Side Rock, Recover
足踵交換, 踏轉1/4, 交叉交換, 側下沉, 回復

- 1&2 Touch right heel forward. Step right back in place. Touch left heel forward 右足踵前點, 右足後回原地踏, 左足踵前點
- 8&3-4 Step left back in place. Step forward right. Pivot ¼ turn left
左足後回原地踏, 右足前踏, 左轉90度
- 5&6 Cross right over left. Step left beside right. Cross right over left 右足於左足前交叉踏, 左足併踏, 右足於左足前交叉踏
- 7-8 Rock left to left side. Recover weight on right.
左足左下沉, 右足回復

第七段 Weave Right, Side Rock, Recover, Weave ¼ Turn Left, Left Heel, Hold 右藤步, 側下沉, 回復, 左轉1/4藤步, 左足踵, 候

- 1&2 Step left behind right. Step right to right. Step left in front of right 左足於右足後踏, 右足右踏, 左足於右足前交叉踏
- 3-4 Rock right to right side. Recover weight on left
右足右下沉, 左足回復
- 5&6 Step right behind left. Step left to left. Turning ¼ turn left step forward right 右足於左足後踏, 左足左踏, 左轉90度右足前踏
- 7-8 Touch left heel forward diagonally left. Hold.
左足踵左斜角線前點, 候
- & Step left beside right and then start the dance again.
左足於右足後踏

16 Count TAG (at END of SECOND wall AFTER the &) 第二面牆結束加16拍

Walk, Walk Forward Coaster Step, Back Back, Coaster Step
向前走二步, 海岸步, 後二步, 海岸步

- 1-2 Step forward right. Step forward left. 右足前踏, 左足前踏
- 3&4 Step forward right. Step left beside right. Step back on right.
右足前踏, 左足併踏, 右足後踏
- 5-6 Step back left. Step back right. 左足後踏, 右足後踏
- 7&8 Step back left. Step right beside left. Step forward left.
左足後踏, 右足併踏, 左足前踏

Rock Right, Weave left. Rock Left, Weave Right
右下沉, 左藤步, 左下沉, 右藤步

- 1-2 Rock right, recover left. 右足下沉, 左足回復
- 3&4 Step right behind left. Step left to left. Step right over left
右足於左足後踏, 左足左踏, 右足於左足前踏
- 5-6 Rock left, recover right 左足下沉, 右足回復
- 7&8 Step left behind right. Step right to right. Step left over right. 左足於右足後踏, 右足右踏, 左足於右足前踏