

Get Involved (儘情參與) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Paul McAdam (UK) - 2009年03月
音乐: Dance Wiv Me (feat. Calvin Harris & Chrome) - Dizzee Rascal



前奏 : Count In: Start On The Vovals Approximately 32 Counts In to song 唱歌起跳

第一段 Hook, Kick Ball Step, ½ Turn X2, Right Shuffle, Step Out Rock 勾, 踢交叉交换, 轉1/2二次, 前交换, 踏外外

- &a1 Kick left foot forward, hook left foot across right shin, kick left foot forward 左足前踢, 左足於右小腿前勾, 左足前踢
- &2 Step back on ball of left foot, step forward on right foot 左足後併踏, 右足前踏
- 3 Pivot a ½ turn left and keep weight on right foot 左轉180度重心在右足
- 4 Make another ½ turn left and step left foot forward 左轉180度左足前踏
- 5&6 Right shuffle forward 前交换-右, 左, 右
- 7&8 Step left foot forward, rock right foot out to right side, step left foot slightly to left side 左足前踏, 右足右下沉, 左足略左踏

第二段 Kick, Cross, Touch & Rock Side, Full Turn, & Together X2 踢, 交叉, 點併下沉回復, 轉圈, 踏併二次

- 1&2 Kick right foot across left foot, cross right foot over left foot, touch left toe behind right foot 右足於左足前交叉踢, 右足於左足前交叉踏, 左足趾於右足後點
- &3,4 Step down on left foot, rock right foot out to right side, recover weight onto left 左足踏, 右足右下沉, 左足回復
- 5&6 Make a ½ turn LEFT and step right foot to right side, make another ½ turn left and step left foot to left side, touch right toe next to left 左轉180度右足右踏, 左轉180度左足左踏, 右足趾併點
- &7 Step right foot small step to right side, step left foot next to right 右足略右踏, 左足併踏
- &8 Step right foot small step to right side, step left foot next to right 右足略右踏, 左足併踏

第三段 Side Rock Behind, ¼ Turn, ½ Turn, Coaster Step, Sailor ¼ Turn Cross 下沉回復後踏, 轉1/4, 轉1/2, 海岸步, 1/4轉水手交叉

- 1&2 Rock right foot to right side, recover weight onto left foot, cross right foot behind left foot 右足右下沉, 左足回復, 右足於左後交叉踏
- 3,4 Make a ¼ turn left and step left foot forward, make a ½ turn left and step right foot back 左轉90度左足前踏, 左轉180度右足後踏
- 5&6 Left coaster step 左海岸步
- 7&8 Step back on right foot, step left foot next to right, make a ¼ turn right and cross right foot over left 右足後踏, 左足併踏, 右轉90度右足於左足前交叉踏

第四段 Ball -Cross-Side Rock,-Together -Touch X2, Sailor Step 踏-交叉-側下沉, 併-點二次, 水手步

- &1&2 Step left foot to left side, cross right foot over left, step back on left foot, step right foot to right side 左足左踏, 右足於左足前交叉踏, 左足後踏, 右足右踏
- &3 Step left foot together, touch right toe to right side 左足併踏, 右足趾右點

- 4&5 Cross right foot over left, step back on left foot, step right foot to right side 右足於左足前交叉踏, 左足後踏, 右足右踏
- &6 Step left foot together, touch right toe to right side 左足併踏, 右足趾右點
- 7&8 Right Sailor step 右水手步
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