

Good Girls (好女惡男) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Francien Sittrop (NL) - 2010年06月
音乐: Good Girls Like Bad Boys (feat. Flo Rida) - Jacy Maria : (CD: Single)



前奏 : Intro: Start after 16 Counts 16拍後起跳

- 第一段** **Cross, Side, Sailor Step, Cross, Side, Sailor Cross ½ Turn L**
交叉, 左, 水手步, 交叉, 右, 轉水手
- 1-2 Step R across L, Step L to L side 右足於左足前交叉踏, 左足左踏
- 3&4 Step R behind L, Step L to L side, Step R to R side
右足於左足後踏, 左足左踏, 右足右踏
- 5-6 Step L across R, Step R to R side 左足於右足前交叉踏, 右足右踏
- 7&8 Sailor step ½ Turn L (6.00) 左轉180度水手步(面向6點鐘)
- 第二段** **Side, Drag Ball Cross, Side, ¼ R step Side, Drag, Ball Fwd, ¼ R Step Side** 右, 踵拖 併 交叉, 左, 右1/4,
踵拖 併 踏, 1/4
- 1-2 Step R to R side, Drag L heel towards R (toes up)
右足右踏, 左足踵拖併(趾抬)
- &3-4 Step L next to R, Step R across L, Step L to L side
左足併踏, 右足於左足前交叉踏, 左足左踏
- 5-6 ¼ Turn R Step R to R side, Drag L heel towards R (toes up) (9.00)
右轉90度右足右踏, 左足踵拖併(趾抬)(面向9點鐘)
- &7-8 Step L next to R, Step R fwd, ¼ Turn R step L to L side (12.00)
左足併踏, 右足前踏, 右轉90度左足左踏(面向12點鐘)
- 第三段** **Jazz Box ¼ R, Step fwd, Pivot ½ R, Ball Step, Touch**
爵士方塊右1/4, 踏 轉, 併 踏 右點
- 1-2 Step R across L, Step L back 右足於左足前交叉踏, 左足後踏
- &3-4 Step R to R side, Step L across R, ¼ R step R fwd (3.00)
右足右踏, 左足於右足前交叉踏, 右轉90度右足前踏(面向3點鐘)
- 5-6 Step L fwd, on both feet ½ Turn R (weight on L) (9.00)
左足前踏, 右轉180度(重心在左足)(面向9點鐘)
- &7-8 Step R next to L, Step L fwd. Touch R to R side
右足併踏, 左足前踏, 右足右點
- 第四段** **Toe Touches, Monterey ½ Turn R, Side Rock Steps x2**
踏 點 收, 蒙特瑞轉, 左下沉 回復 併 右下沉 回復
- 1-2 Step R fwd, Touch L to L side 右足前踏, 左足左點
- &3-4 Step L next to R, Touch R to R side, ½ Turn R and step R next to L (3.00) 左足併踏, 右足右點, 右
轉180度右足併踏(面向3點鐘)
- 5-6 Rock L to L side, Recover on R 左足左下沉, 右足回復
- &7-8 Step L next to R, Rock R to R side, Recover on L
左足併踏, 右足右下沉, 左足回復
- 第五段** **Touch Hitch, Coaster step x2** 點 抬, 海岸步 共二次
- 1-2 Touch R fwd, Hitch R and Left Heel up
右足前點, 右足抬左足踵抬
- &3-4 Step R back, Step L next to R, Step R fwd
右足後踏, 左足併踏, 右足前踏
- 5-6 Touch L fwd, Hitch L and R Heel up 左足前點, 左足抬右踵抬

&7-8 Step L back, Step R next to L, Step L fwd
左足後踏, 右足併踏, 左足前踏

第六段 Step Fwd, Pivot ½ Turn L, R Shuffle fwd, Out, Out, Swivels in
踏 轉, 前交換, 大大, 向內旋轉-踵, 趾, 踵

1-2 Step R fwd, pivot ½ Turn L (9.00)
右足前踏, 左軸轉180度(面向9點鐘)

3&4 Step R fwd, Step L next to R, Step R fwd
右足前踏, 左足併踏, 右足前踏

5-6 Step L Out, Step R Out 左足左前踏, 右足右前踏

7&8 Swivel R Both heels in, Both toes in, Both heels in
雙足踵向內轉, 雙足趾向內轉, 雙足踵向內轉

RESTART: DURING wall 5 (When Flo Rida starts to sing). Restart after count 48, Start again with count 1 第五面牆(Flo Rida開始唱時), 跳至此時從頭起跳

第七段 Diag. Side, Drag, Ball Cross, Touch, Rock, Recover with Kick, Ball Step, Across, Side 斜前踏, 拖併, 併交叉, 點, 下沉 回復帶踢, 併交叉, 左

1-2 Step R Diag. R Side (1.00), Drag L next to R
右足斜前踏(面向1點鐘), 左足拖併

&3-4 Step L next to R, Step R Across L, Touch L Diag fwd (9.00)
左足併踏, 右足於左足前交叉踏, 左足斜前點(面向9點鐘)

5-6 Rock L fwd, Recover on R and Kick L 左足前下沉, 右足回復左足前踢

&7-8 Step L next to R, Step R across L, Step L to L side
左足併踏, 右足於左足前交叉踏, 左足左踏

第八段 Mash Potatoes back, Coaster Step, Step fwd, Pivot ½ Turn, L Shuffle fwd 後馬鈴薯泥步, 海岸步, 踏 轉, 前交換

1-2 Mash Potatoes Back R, L 雙足踵向右後旋轉, 雙足踵向左後旋轉

3&4 Step R back, Step L next to R, Step R fwd
右足後踏, 左足併踏, 右足前踏

5-6 Step L fwd, Pivot ½ Turn R (3.00)
左足前踏, 右軸轉180度(面向3點鐘)

7&8 Step L fwd, Step R next to L, Step L fwd
左足前踏, 右足併踏, 左足前踏
