

Gotta Get That (我做不到) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate / Advanced
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音乐: Boom Boom Pow - Black Eyed Peas



前奏 : Intro: 64 cts, Weight on Left foot

第一段 Cross, Back, Drag, Ball Cross, Quarter, Half, Back, Out, Out 交叉, 後, 拖, 併交叉, 1/4, 1/2, 後, 外, 外

- 1,2 Cross R over L, Step L back
右足於左足前交叉踏, 左足後踏
- 3,a4 While stepping R to right side drag L into R, Step on L, Cross R over L 右足右踏左足拖併, 左足併踏, 右足於左足前交叉踏
- 5,6 Make 1/4 turn left stepping L Forward, Make 1/2 turn left stepping back on R 左轉90度左足前踏, 左轉180度右足後踏
- 7,a8 Step back on L, Step out on R, Step out on L (3:00)
左足後踏, 右足右踏, 左足左踏(面向3點鐘)

第二段 Sailor Kick, Behind, 1/8 step, Full Turn, Step, Step, Step 水手踢, 後, 1/8踏, 轉圈, 踏, 踏, 踏

- 1,2 Step R behind L, Step L to left side
右足於左足後踏, 左足左踏
- 3,a4 While stepping R to right side kick L in the air, Step L behind R, Make 1/8 turn right stepping forward on R
右足右踏左足略踢, 左足於右足後踏, 右轉45度右足前踏
- 5,6 Make 1/2 turn right stepping back on L, Make 1/2 turn right stepping forward on R (traveling toward diagonal)
右轉180度左足後踏, 右轉180度右足前踏(略向斜前轉)
- 7,a8 Step forward on L, Step forward on R, Step forward on L (4:30)
左足前踏, 右足前踏, 左足前踏(面向4:30)

第三段 1/8 Skate, Skate, 1/4 Skate, Swivel, Swivel, Step, Full Turn, Out, Out 1/8滑冰, 滑冰, 1/4滑冰, 旋轉, 旋轉, 踏, 轉圈, 外, 外

- 1,2 Make 1/8 turn right skating R forward, Skate L forward
右轉45度右足滑冰步, 左足滑冰步
- 3,a4 Make 1/4 turn right skating R forward. On the ball of foot swivel heels out, On ball of foot swivel heels in placing weight on L
右轉90度右足滑冰步, 旋轉雙足踵, 旋轉雙足踵(重心在左足)
- 5,6 Step R forward, Make 1/2 turn right stepping back on L
右足前踏, 右轉180度左足後踏
- 7,a8 Make 1/2 turn right stepping forward on right, Step out on L, Step out on R (9:00)
右轉180度右足前踏, 左足左前踏, 右足右前踏(面向9點鐘)

第四段 Behind, Side, Cross, Ball Cross, Quarter, Half, Quarter, Cross, Side 後, 側, 交叉, 併交叉, 1/4, 1/2, 1/4, 交叉, 側

- 1,2 Step L behind R, Step R to right side 左足於右足後踏, 右足右踏
- 3,a4 Cross L over R, Step R to right side, Cross L over R
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

- 5,6 Make 1/4 turn left stepping back on R, Make 1/2 turn left stepping forward on L 左轉90度右足後踏, 左轉180度左足前踏
- 7,a8 Make 1/4 turn left stepping R to right side, Cross L over R, Step R to right side (9:00)
左轉90度右足右踏, 左足於右足前交叉踏, 右足右踏(面向9點鐘)
- 第五段 1/4 Sailor, 1/4 Heel, 1/4 Heel, Step, Full Turn, Step, Step**
1/4水手, 1/4踵, 1/4踵, 踏, 轉圈, 踏, 踏
- 1,2 Step L behind R, Make 1/4 turn left stepping R in place
左足於右足後踏, 左轉90度右足踏
- 3,a4 Step forward on L, Make 1/4 turn right swiveling R heel to L heel, Make 1/4 turn right swiveling L heel back (12:00)
左足前踏, 右轉90度右足轉向左, 右轉90度左足踵轉向後(面向12點鐘)
- 5,6 Step forward on R, Make 1/2 turn right stepping back on L
右足前踏, 右轉180度左足後踏
- 7,a8 Make 1/2 turn right stepping forward on R, Step forward on L, Step forward on R (12:00)
右轉180度右足前踏, 左足前踏, 右足前踏(面向12點鐘)
- 第六段 Heel Grind, Behind, Ball step, Heel Grind, Behind, Ball step**
踵轉, 後, 併踏, 踵轉, 後, 併踏
- 1,2 Step forward on L heel, While fanning L heel left step R in place
左足踵前點, 左足踵轉向右
- 3,a4 Step L behind R, Step R to right side, Step L to left side
左足於右足後踏, 右足右踏, 左足左踏
- 5,6 Step forward on R heel, While fanning R heel right step L in place
右足踵前點, 右足踵轉向左
- 7,a8 Step R behind L, Step L to left side, Step R to right side (12:00)
右足於左足後踏, 左足左踏, 右足右踏(面向12點鐘)
- 第七段 Cross, Quarter, Quarter, Ball step, Cross Rock, 1/4 Hitch, Hold, Tap, Step** 交叉, 1/4, 1/4, 併踏, 交叉下沉, 1/4抬, 候, 點, 踏
- 1,2 Cross L over R, Make 1/4 turn left stepping back on R
左足於右足前交叉踏, 左轉90度右足後踏
- 3,a4 Make 1/4 turn left stepping L to left side, Step R next to L, Step L to left side (6:00)
左轉90度左足左踏, 右足併踏, 左足左踏(面向6點鐘)
- 5,6 Cross rock R over L, While recovering weight to L make 1/4 turn right hitching R knee 右足於左足前交叉下沉, 右轉90度右膝抬
- 7,a8 Hold, While lunging tap right toe, Step on R (9:00)
候, 右足趾曲膝點, 右足踏(面向9點鐘)
- 第八段 Quarter, Half, Step, Ball cross, Quarter, Half, Quarter, Cross, Point 1/4, 1/2, 踏, 踏交叉, 1/4, 1/2, 1/4, 交叉, 點**
- 1,2 Make 1/4 turn right stepping L to left side, Make 1/2 turn right hinging R to right side
右轉90度左足左踏, 右轉180度右足右踏
- 3,a4 Step L to left side, Step R next to L, Cross L over R
左足左踏, 右足併踏, 左足於右足前交叉踏
- 5,6 Make 1/4 turn left stepping back on R, Make 1/2 turn left stepping forward on L 左轉90度右足後踏, 左轉180度左足前踏
- 7,a8 Make 1/4 turn left stepping R to right side, Cross L over R, Poing R to right side (6:00)
左轉90度右足右踏, 左足於右足前交叉踏, 右足右點(面向6點鐘)
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