

Girl (女孩向前衝) (zh)

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Craig Bennett (UK) - 2008年06月
音乐: Driving Me Crazy - Taio Cruz : (CD: Departure)



第一段 Walk Forward, Anchor Step, Toe Unwind, Touch 前走, 定點踏, 點轉, 點

- 1-2 walk forward left, walk forward right
左足前走, 右足前走
- 3-4& Walk forward left, Step right in place, step left in place
左足前走, 右足踏, 左足踏
- 5-6 Step right in place, Touch left toe back behind right
右足踏, 左足趾於右足後點
- 7-8 Unwind $\frac{1}{4}$ turn left, Touch right toe in place
左轉90度, 右足趾點

第二段 Step And Hip Rolls, Step Forward And Look, Heel Twists 踏, 搖臀, 前踏, 看, 轉足踵

- 1-2 Step right to right side, touch left toe out to left side (get your hips rolling) 右足右踏, 左足趾左點(搖臀)
- 3-4 Step left to left side, touch right toe out to right side
左足左踏, 右足趾右點
- &5-6 Step right in place as you step forward onto left, Turn and look over your right shoulder 右足踏, 左足前踏, 轉頭看向右肩
- 7-8 Twist right heel around making a $\frac{1}{4}$ turn right, twist left heel around making a $\frac{1}{4}$ turn right
右足踵右轉90度, 左足踵右轉90度

第三段 Hip Rocks, $\frac{1}{4}$ Turn Step Out, Lift Heels Up And Down 擺臀下沉, 轉1/4外踏, 踵上下

- 1-2 Rock forward onto right, rock back onto left (shake your bum)
右足前下沉, 左足後下沉(擺臀)
- 3-4 Rock forward onto right, rock back onto left (shake your bum)
右足前下沉, 左足後下沉(擺臀)
- 5-6 Step forward onto right as your make a $\frac{1}{4}$ turn right, step left next to right 右轉90度右足前踏, 左足併踏
- 7-8 Put weight on to both toes as your heels lift up, Step heels back down 重心在雙足趾, 雙足踵舉起, 放下

第四段 Touches, Hitch Step, $\frac{1}{2}$ Turn, Sweep $\frac{3}{4}$ Turn 點, 抬踏, 轉1/2, 繞轉3/4

- 1&2 Touch right to right side, bring right in place, Touch left to left side 右足右點, 右足併踏, 左足左點
- 3-4 Hitch left knee up as you do a long step forward onto left
左足抬, 左足向前一大步
- 5-6 Step forward onto right, make a $\frac{1}{2}$ turn left
右足前踏, 左轉180度
- 7-8 Taking weight to left sweep right leg around making $\frac{3}{4}$ turn left, step right in place 重心在左足以右足左繞270度, 右足踏

