

1 2 Step (快樂起舞) (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Beginner
编舞者: Sobrielo Philip Gene (SG)
音乐: One, Two Step (feat. Missy Elliott) - Ciara



前奏 : 4 eights starting on first beat 32拍後起跳

第一段 STEP TOUCHES, STEP STEP (FEETS APART) 踏點, 踏踏(雙腳分開)

- 1-2 Step right to right (1) , touch left beside right (2)
右足右踏, 左足併點
- 3-4 Step left to left (3) , touch right beside left (4)
左足左踏, 右足併點
- &5 Step right diagonally back to right(&) , touch left beside right(5)
右斜角線後踏, 左足併點
- &6 Step left diagonally back to left (&) , touch right beside left (6)
左斜角線後踏, 右足併點
- 7-8 Step right forward (7) , step left to left (8) (feets apart)
右足前踏, 左足左踏(雙腳分開)

第二段 TOUCH FLOOR, THIGH SLAP, BOUNCE ¼ TURN, KICK STEP BACK, HIP BUMPS FLICK 碰地板, 拍大腿, 彈跳轉1/4, 踢後踏, 推臀抬

- 1 Using right hand touch the floor or point to the floor (Body is bending down) (1)
身體彎下去以右手碰點地板
- 2 Stand up and clap respective thighs with respective hands (2)
站立並用雙手各自拍左右兩邊的大腿
- 3&4 Making ¼ turn left bounce both feets 3 times (3&4)(weight on left)
以足踵彈跳三次左轉90度(重心在左足)
- 5&6 Kick right forward (5), step right back (&), step left to left (6)
右足前踢, 右足後踏, 左足左踏
- 7&8 Bump hips to left (7), bump hips to right (&), bump hips to left and flick right behind left(8)
左推臀, 右推臀, 左推臀右足於左足後抬起

第三段 STEP TOGETHER (SIDE) KNEE POPS SIDE, STEP TOGETHER (BACK) KNEE POP FORWARD 踏側併膝蓋側, 踏後併膝蓋前

- 1-2 Step Right to right (1) ,step left beside right (2)
右足右踏, 左足併踏
- 3 Pop right and left knees out to respective side (3)
左右膝蓋分別向外
- & Bring both knees in towards each other (&)
左右膝蓋向內
- 4 Pop right and left knees out to respective side (4)
左右膝蓋向外
- & Bring both knees in (&)
左右膝蓋向內
- 5-6 Step right back (5) , touch left beside right (6)
右足後踏, 左足併點
- 7&8 Pop right knee forward (7) ,pop left knee forward (&) ,Pop right forward (8) , pop left forward (&)
右膝蓋向前, 左膝蓋向前, 右膝蓋向前, 左膝蓋向前

第四段 STEP TOGETHER (SIDE) KNEE POPS SIDE, STEP TOGETHER (FORWARD) KNEE POP FORWARD 踏側併膝蓋側, 踏前併膝蓋前

- 1-2 Step left to left (1) , step right beside right (2)
左足左踏, 右足併踏
- 3 Pop right and left knees out to respective side (3)
左右膝蓋分別向外
- & Bring both knees in towards each other (&)
左右膝蓋分別向內
- 4 Pop right and left knees out to respective side (4)
左右膝蓋分別向外
- & Bring both knees in (&)
左右膝蓋分別向內
- 5-6 Step left forward (5) , touch right beside left (6)
左足前踏, 右足右點
- 7&8 Pop left knee forward (7) pop right knee forward (&) , Pop left forward (8) , pop right forward (&)
左膝蓋向前, 右膝蓋向前, 左膝蓋向前, 右膝蓋向前

Tag On The 5th wall (front wall) do this 4 count tag, 第五面牆(面向前面)加4拍

- 1-4 Out out in in Step right forward (1) step left forward (2) , Step right back (3) step left beside right (4)
右足前踏, 左足前踏, 右足後踏, 左足併踏
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