

Little Sister Listen To Me (小妹聽我說)

(zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Amy Yang (TW) - 2014年12月
音乐: Little Sister Listen To Me (小妹聽我說) - Jiuzhe Jin (金久哲)



Intro : 16 counts

Sequence of dance : A A B B / A A B B / A B B A

SECTION A (32counts)

Sec. 1 SIDE, TOGETHER, BACK SHUFFLE, SIDE, TOGETHER, FORWARD SHUFFLE

1 – 2, 3 & 4 Step LF to L, Step RF together, Step LF back, Lock RF over LF, Step LF back
5 – 6, 7 & 8 Step RF to R, Step LF together, Step RF forward, Step LF behind RF, Step RF forward
1 – 2, 3 & 4 左足左踏, 右足併於左足旁, 左足退踏, 右足交叉左足前, 左足退踏
5 – 6, 7 & 8 右足右踏, 左足併於右足旁, 右足前進踏, 左足鎖於右足後, 右足前進踏

Sec. 2 WALK FORWARD, FORWARD SHUFFLE, FORWARD, RECOVER, COASTER

1 – 2, 3 & 4 Step LF forward, Step RF forward, Step LF forward, Lock RF behind LF, Step LF forward
5 – 6, 7 & 8 Step RF forward, Recover onto LF, Step RF back, Step LF together, Step RF forward
1 – 2, 3 & 4 左足前進踏, 右足前進踏, 左足前進踏, 右足鎖於左足後, 左足前進踏
5 – 6, 7 & 8 右足前進踏, 重心回左足, 右足後退踏, 左足交叉右足前, 右足後退踏

Sec. 3 ROCKING CHAIR, FORWARD, 1/4 TURN R, CROSS SHUFFLE

1 – 4 Step LF forward, Recover onto RF, Step LF back, Recover onto RF
5 – 6, 7 & 8 Step LF forward, 1/4 turn R step on RF, Cross LF over RF, Step RF to R, Cross LF over RF(03:00)
1 – 4 左足前踏, 重心回右足, 左足後踏, 重心回右足
5 – 6, 7 & 8 左足前踏, 右轉1/4右足踏, 左足交叉右足前, 右足右踏, 左足交叉右足前(03:00)

Sec. 4 SIDE, RECOVER, BEHIND, SIDE. CROSS, SIDE, RECOVER, BACK, RECOVER

1 – 4 Step RF to R, Recover onto LF, Step RF behind LF, Step LF to L, Cross RF over LF
5 – 8 Step LF to L, Recover onto RF, Step LF back, Recover onto RF,
1 – 4 右足右踏, 重心回左足, 右足交叉左足後, 左足左踏, 右足交叉左足前
5 – 8 左足左踏, 重心回右足, 左足後踏, 重心回右足

SECTION B (32counts)

Sec. 1 KICK TWICE, TRIPLE STEP(L&R)

1 – 2, 3 & 4 Kick LF over RF, Kick LF forward L diagonal, Triple step in place stepping LF、RF、LF
5 – 6, 7 & 8 Kick RF over LF, Kick RF forward R diagonal, Triple step in place stepping RF、LF、RF
1 – 2, 3 & 4 左足踢右足前, 左足踢左斜前, 原地三步踏(左足、右足、左足)
5 – 6, 7 & 8 右足踢左足前, 右足踢右斜前, 原地三步踏(右足、左足、右足)

Sec. 2 FORWARD, RECOVER, BACK SHUFFLE, BACK, RECOVER, FORWARD SHUFFLE

1 – 2, 3 & 4 Step LF forward, Recover onto RF, Step LF back, Lock RF over LF, Step LF back
5 – 6, 7 & 8 Step RF back, Recover onto LF, Step RF forward, Lock LF behind RF, Step RF forward
1 – 2, 3 & 4 左足前踏, 重心回右足, 左足後退踏, 右足交叉左足前, 左足後退踏
5 – 6, 7 & 8 右足後踏, 重心回左足, 右足前進踏, 左足鎖於右足後, 右足前進踏

Sec. 3 WALK FORWARD, FORWARD SHUFFLE, FORWARD, 1/2 TURN L, FORWARD SHUFFLE

1 – 2, 3 & 4 Step LF forward, Step RF forward, Step LF forward, Lock RF behind LF, Step LF forward
5 – 6, 7 & 8 Step RF forward, 1/2 turn L step on LF, Step RF forward, Lock LF behind RF, Step RF forward (12:00)

- 1 – 2, 3 &4 左足前進踏, 右足前進踏, 左足前進踏, 右足鎖於左足後, 左足前進踏
5 – 6, 7 &8 右足前踏, 左轉1/2 左足踏, 右足前進踏, 左足鎖於右足後, 右足前進踏 (12:00)

Sec.4 TOUCH, 1/2 TURN R FLICK, FORWARD SHUFFLE, TOUCH, 1/2 TURN L FLICK, FORWARD SHUFFLE,

- 1 – 2, 3 &4 Touch LF forward, On ball 1/2 turn R flick LF, Step LF forward, Lock RF behind LF, Step LF forward(06:00)
5 – 6, 7 &8 Touch RF forward, On ball 1/2 turn L flick RF, Step RF forward, Lock LF behind RF, Step RF forward(12:00)
1 – 2, 3 &4 左足前點, 右轉1/2 右足踏及左足輕彈, 左足前進踏, 右足鎖於左足後, 左足前進踏(06:00)
5 – 6, 7 &8 右足前點, 左轉1/2 左足踏及右足輕彈, 右足前進踏, 左足鎖於右足後, 右足前進踏(12:00)

Have Fun & Happy Dancing!

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