

Pack Up & Tip Toe (輕舞飛揚) (zh)

COPPER KNOB
BY STEPHEN HETS

拍数: 64 墙数: 2 级数: Improver
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音乐: Pack Up - Eliza Doolittle



前奏: Commence on vocals 唱歌起跳(32拍後)

第一段 Chasse Right, Rock Back, Recover, Chasse Left, Rock Back, Recover
右追步, 後下沉 回復, 左追步, 後下沉 回復

1&2 Step right to right, close left to right, right to right
右足右踏, 左足併踏, 右足右踏

3-4 Rock back on left behind right, recover onto right
左足於右足後下沉, 右足回復

5&6 Step left to left, close right to left, left to left
左足左踏, 右足併踏, 左足左踏

7-8 Rock back on right behind left, recover onto left
右足於左足後下沉, 左足回復

第二段 Diagonal Rock Forward, Recover, Close, Diagonal Rock Back, Recover, Step Forward, Kick, Ball, Back, Large Step Back
斜前下沉, 回復 併踏 後下沉, 回復, 踏, 踢 後 後 後

1-2& Rock right diagonally forward to right, recover onto left, close right to left 右足右斜前下沉, 左足回復, 右足併踏

3-4 Rock left diagonally back to left, recover forward onto right
左足左斜後下沉, 右足回復

5-6& Step forward on left, kick right foot forward, step slightly back onto ball of right foot 左足前踏, 右足前踢, 右足略後踏

7-8 Step slightly back on left, step large step back on right
左足略後踏, 右足後一大步

第三段 Close, Walk Forward Right, Left, Close And Bend Knees, Push To Right Diagonal, Bend, Push To Left Diagonal, Bend
併, 走, 走, 併且彎膝, 轉向右斜角, 彎膝, 轉向左斜角, 彎膝

1-4 Close left to right, walk forward on right then left, close right to left and bend knees 左足併踏, 右足前走, 左足前走, 右足併踏彎膝

5-6 Straighten knees & push bottom diagonally back (Body facing 11 0'clock), bend knees and face (12 0'clock)
站直後推臀(身體面向11點鐘), 彎膝面轉正

7-8 Straighten knees & push bottom diagonally back (body facing 1 0'clock), bend knees and face (12 0'clock)
站直後推臀(身體面向1點鐘), 彎膝面轉正

第四段 Walk Round Full Turn To Left 走步左繞圈

1-8 Straighten up and walk round a full circle left commencing on right
由右足開始向左走8步轉圈

(you can make this more fun by walking round to a different position in the room) (你也可以在房間內到處亂走)

第五段 Grapevine Right, Brush, Grapevine Left With ½ Turn Left
右藤步, 刷, 左藤步帶左轉

- 1-4 Step right to right, left behind right, right to right, brush left next to right 右足右踏, 左足於右足後踏, 右足右踏, 左足刷併踏
- 5-8 Step left to left, cross right behind left, turn ¼ left and step forward on left, turn ¼ left and small step To right
左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏, 左轉90度右足略右踏
- 第六段 Swivel To Right – Heels, Toes, Heels, Toes, Kick, Ball Step, Step, Hold & Clap 轉向右-踵, 趾, 踵, 趾, 踢, 併, 踏, 踏, 候並拍手**
- 1-4 Swivel to right - heels, toes, heels, toes (weight ending on left)
雙足踵轉向右, 雙足趾轉向右, 雙足踵轉向右, 雙足趾轉向右(重心在左足)
- 5&6 Kick right forward, step right next to left on ball of foot, step forward on left 右足前踢, 右足併踏, 左足前踏
- 7-8 Step forward on right, hold and clap hands 右足前踏, 候(拍手)
- 第七段 Point Forward, Side, Behind, Hold, Rock Back, Recover, Walk, Walk 前點, 左點, 後點, 候, 後下沉, 回復, 走, 走**
- 1-4 Point left toe across in front of right, point left to left, point left toe behind right, hold
左足趾於右足前點, 左足左點, 左足趾於右足後點, 候
- 5-8 Rock back on left, recover onto right, walk forward – left, right
左足後下沉, 右足回復, 左足前走, 右足前走
- 第八段 Left Heel Forward, Hold, Close, Tap, Hold, Raise And Lower Heels X4 踵前, 候, 併, 點, 候, 踵交換抬四次**
- 1-2& Left heel forward, hold, close left to right
左足踵前點, 候, 左足併踏
- 3-4 Tap right next to left, hold 右足併點, 候
- 5-6 Lower right heel & raise left heel at the same time, lower left heel and raise right heel 右足踵踏左足踵抬, 左足踵踏右足踵抬
- 7-8 Lower right heel & raise left heel, lower left heel & raise right heel
右足踵踏左足踵抬, 左足踵踏右足踵抬
(the action is similar to knee pops But don't turn knees in)
(很像膝彈的動作, 但是膝蓋不往內轉)
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