

Pack Up (告別憂傷) (zh)

COPPER KNOB
BY STEPHEN BENTZ

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Craig Bennett (UK) - 2010年07月
音乐: Pack Up - Eliza Doolittle



- 第一段** **Rock, Recover, Cross, Rock, Recover, Cross, Rock ¼ Turn**
右曼波交叉, 左曼波交叉, 右下沉 回復左1/4
- 1-3 Right side rock, Recover onto left, Cross right over left
右足右下沉, 左足回復, 右足於左足前交叉踏
- 4-6 Left side rock, Recover onto right, Cross left over right
左足左下沉, 右足回復, 左足於右足前交叉踏
- 7-8 Rock right to right side, recover onto left making a ¼ turn left (9.00)
右足右下沉, 左足回復左轉90度(面向90度)
- 第二段** **Right Strut, Left Strut, Step ½ Turn, Right Shuffle**
右趾轉, 左趾轉, 踏 轉, 右追步
- 1-2 Right toe touch forward, Place right heel down
右足趾前點, 右足踵踏
- 3-4 Left toe touch forward, Place left heel down
左足趾前點, 左足踵踏
- 5-6 Step forward onto right, make a ½ turn pivot left (3.00)
右足前踏, 左轉180度(面向3點鐘)
- 7&8 Step forward onto right, Bring left next to right, Step forward onto right 右足前踏, 左足併踏, 右足前踏
- 第三段** **Make ½, ¼, Left Cross Shuffle, Right Side Rock, Behind Cross**
右轉, 右1/4, 交叉交換, 右下沉 回復, 後交叉 左踏
- 1-2 Make a ½ turn right stepping back onto left, Make a ¼ turn right stepping right to right side (12.00)
右轉180度左足後踏, 右轉90度右足右踏(面向12點鐘)
- 3&4 Cross left over right, step right to right side, Cross left over right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- 5-6 Rock right to right side, recover onto left
右足右下沉, 左足回復
- 7-8 Cross right behind left, Step left to left side
右足於左足後交叉踏, 左足左踏
- 第四段** **Jazz Box Right, Making A ¼ Right (Over 8 Counts)**
爵士方塊右1/4(每拍帶候)
- 1-2 Cross right over left, Hold
右足於左足前交叉踏, 候
- 3-4 Step back onto left, Hold
左足後踏, 候
- 5-6 Make a ¼ turn right stepping forward onto right, Hold (3.00)
右轉90度右足前踏, 候(面向3點鐘)
- 7-8 Step left forward, Hold
左足前踏, 候

第五段 Right Shuffle Forward, Rock Forward, ½ Turn Shuffle, Step Right ½ Turn 前交換, 下沉 回復, 轉交換, 踏 轉

- 1&2 Step right forward, Close left next to right, Step forward onto right
右足前踏, 左足併踏, 右足前踏
- 3-4 Rock forward onto left, Recover back onto right
左足前下沉, 右足回復
- 5&6 Step forward onto left making a ½ left, Close right to left, Step left foot forward (9.00)
左轉180度左足前踏, 右足併踏, 左足前踏(面向9點鐘)
- 7-8 Step forward onto right, Make a ½ turn left (3.00)
右足前踏, 左轉180度(面向3點鐘)

第六段 Right Vine, Cross, ¼ Monterey, Touch 右華倫帶交叉, 1/4蒙特瑞轉, 點

- 1-2 Step right to right side, Step left behind right
右足右踏, 左足於右足後踏
- 3-4 Step right to right side, Cross left over right
右足右踏, 左足於右足前交叉踏
- 5-6 Touch right to right side, Make ¼ turn right stepping right in place (6.00) 右足右點, 右轉90度右足踏(面向6點鐘)
- 7&8 Touch left to left side, Step left in place, Touch right to right side 左足左點, 左足踏, 右足右點

第七段 ¼ Turn, Touch And Touch, Hitch, Right Jazz Box 右1/4, 點 收 點, 膝抬, 爵士方塊

- 1-2 Make ¼ turn right stepping right in place, Touch left to left side (9.00)
右轉90度右足踏, 左足左點(面向9點鐘)
- 8&3,4 Step left next to right, touch right to right side, Hitch right knee up 左足併踏, 右足右點, 右膝抬
- 5-6 Cross right over left, Step back onto left
右足於左足前交叉踏, 左足後踏
- 7-8 Step right to right side, Step left forward
右足右踏, 左足前踏

第八段 Side Rock Behind, Side Rock, Sailor ¼ Turn (Over 3 Counts) 右下沉 回復 後踏, 左下沉 回復, 3拍左1/4轉水手

- 1-3 Rock right to right side, Recover onto left, Step right behind left
右足右下沉, 左足回復, 右足於左足後踏
- 4-5 Rock left to left side, Recover onto right
左足左下沉, 右足回復
- 6-8 Step back on left making a ¼ turn left, Step right next to left, Step forward onto left (6.00)
左轉90度左足後踏, 右足併踏, 左足前踏(面向6點鐘)
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