

09 Mashup (2009年大集合) (zh)

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Guyton Mundy (USA) & Will Craig (USA)
音乐: United State of Pop 09 (Blame It on the Pop) - DJ Earworm : (CD: Mashup of Top
25 Billboard Hits)



第一段 Down, by Will Craig

- 1-2 Step forward on right, pull right back to left,
右足前踏, 右足拉向後併踏
- 3-4 Step forward on left, pull left back to right
左足前踏, 左足拉向後併踏
- 5&6 kick right forward, step down on right, rock back on left
右足前踢, 右足踏, 左足後下沉
- 7-8 recover on right, step forward on left
右足回復, 左足前踏

第二段 Roomba A, by Guyton Mundy

- 1-2 Rock right to right, recover on left
右足右下沉, 左足回復
- 3&4 cross right behind left, step left to left side, cross right over left
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 5-6 rock left to left, recover on right
左足左下沉, 右足回復
- 7&8 cross left behind right, step right to right, cross left over right
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

第三段 I got a feeling, Niels Poulsen

- 1-2 step right to right, make a 1/4 turn to left stepping left to left side
右足右踏, 左轉90度左足左踏
- 3-4 make a 1/4 turn to left stepping right to right, make a 1/4 turn to left stepping left to left side
左轉90度右足右踏, 左轉90度左足左踏
- 5-6 make a 1/4 turn to left rocking right to right, recover on left
左轉90度右足右下沉, 左足回復
- &7-8 step right next to left, step left to left side, touch right next to left 右足併踏, 左足左踏, 右足併點

第四段 Poker Face, Craig Bennett

- 1&2 Kick right forward, step right together, touch left to side
右足前踢, 右足併踏, 左足左點
- 3&4 Twist heels right, twist heels to center, twist heels right and turn ¼ left
雙足踵向右旋轉, 雙足踵轉回正, 雙足踵向右旋轉並左轉90度
- 5&6 Kick left forward, step left together, touch right toe back
左足前踢, 左足併踏, 右足趾後點
- 7-8 Turn ½ right stepping forward on right, step forward on left
右轉180度右足前踏, 左足前踏

第五段 Strobe Lights, Rachael McEnaney

- 1-2 step forward on right as you pulse body down, while both hands are in front left over right as they pulse up towards chest, Repeat pulse
右足前踏身體壓低彈, 左足於右足前交叉踏雙手放在胸前身體繼續壓低彈
- &3-4 take right hand out to right, bring back in, take right arm and throw up and back to right, as you hook right behind left

- 右足右指, 右手收回, 右手指向上右足於左足後勾
 5-6 unwind a full turn to right
 右兩拍轉圈
 7-8 step forward on left, step together with right
 左足前踏, 右足併踏

第六段 Roomba B, Guyton Mundy

- 1,2 Bring right arm up in circular motion to side ending with right fist in front of chest & bring left arm out to the side down in circular motion ending with left fist in front of stomach, with both arms extending out in circular motion end opposite from starting position
 右手臂向右向上畫圈右拳到胸前&左手向外向下畫圈左拳到肚子前, 雙手反方向再畫圈回原來位置
 &3 Hitch right leg while bringing right fist slightly up (as if pulling right knee up by a string while dropping left hand), step down on right foot while lowering right hand
 右腿抬起右拳略舉(像右膝有一條線被拉起), 右足踏右手放下
 4 Touch left foot out to left side while swinging right arm as if to hit left leg out
 左足左點右手碰左足
 5,6 Body roll to left, step right next to left
 身體向左繞圈, 右足併踏
 7,8 Bump hips to left and recover x2
 左推臀, 右推臀

第七段 Right Round, Joey Warren

- 1-2 step back on left as you sweep right out to right, step back on right as you sweep left out to left
 左足後踏右足繞後, 右足後踏左足繞後
 3-4 step back on left as you sweep right out to right, rock back on right
 左足後踏右足繞後, 右足後下沉
 5-6 recover on left, step forward on right
 左足回復, 右足前踏
 7-8 make a 1/2 turn to left stepping forward on left, make a 1/4 turn to left stepping right to right
 左轉180度左足前踏, 左轉90度右足右踏

第八段 Final 8 by Guyton &Will

- 1-2 bump hips to right, repeat
 右推臀, 右推臀
 3-4 bump hips to left, repeat
 左推臀, 左推臀
 5-6 step forward on out to right with right, step left out to left
 右足略右前踏, 左足左踏
 7-8 step back on right, step back together with left
 右足後踏, 左足併踏
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