

Phloor Philla (共聚一堂) (zh)

COPPER KNOB
STYLEDANCE

拍数: 0 墙数: 4 级数: Intermediate
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音乐: Floor Filler - A*Teens



第一段 KICK, HITCH, STEP, SQUAT 2X, KICK BALL SQUAT 2X

- 1&2 Kick right foot forward, hitch right knee, step right foot slightly behind left 右足前踢，右足膝蓋抬起，右足後踏
- 3&4& Sit into slight squatting position, stand, sit into slight squatting position, stand 往下微蹲、站起，往下微蹲、站起
- 5&6 Kick right foot forward, step right foot into place, step left foot slightly forward and drop into a slight squatting position facing 45 degrees to the right 右足前踢，右足原地踏，左足前踏面向右前45度角
- 7&8 Kick right foot forward, step right foot into place, step left foot slightly forward and drop into a slight squatting position facing 45 degrees to the right 右足前踢，右足原地踏，左足前踏面向右前45度角

第二段 TOUCHES, SWIVELS, ¼ TURN, LONG STEP, TOUCH

- 1&2& Touch right toe forward, step right foot into place, touch left toe out to left side, step left foot into place 右足趾前點，右足原地踏，左足趾左側點，左足原地踏
- 3&4 Touch right toe out to right side, step right foot into place, touch left toe out to left side 右足趾右側點，右足原地踏，左足趾左側點
- 5&6 Weight on balls of both feet swivel heels right, center, right (making a ¼ turn to left) putting weight on it 重心雙足掌腳根向右、向中、向右轉 (身體左轉90度)
- 7-8 Long step left foot forward, drag and touch right toe next to left 左轉左足向前一大步，右足托至左足旁點

第三段 VINES WITH SHOULDERS

- 1-4 Grapevine to right
Shoulders right option
1& Lift left shoulder up and drop right shoulder down, lift right shoulder up and drop left shoulder
2& Repeat counts 1&
3& Repeat counts 1&
4 Lift left shoulder up and drop right shoulder down

VINE LEFT:

- 5-8 Grapevine to left (Shoulders left option)
5& Lift right shoulder up and drop left shoulder down, lift left shoulder up and drop right shoulder
6& Repeat counts 5&
7& Repeat counts 5&
8 Lift right shoulder up and drop left shoulder down
1-4 右藤步
5-8 左藤步

5-8

第四段
