

123 Summertime (夏日時光) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Roy Verdonk (NL) & Wil Bos (NL) - 2008年07月
音乐: 1 2 3 - El Símbolo



前奏: Intro: 48 counts from the first heavy beat on the word Uno 48拍後起跳

第一段 **Heel Grind, Recover, Coaster Step, Heel Grind ¼ Turn, Recover, Coaster Step 踵轉, 回復, 海岸步, 踵轉1/4, 回復, 海岸步**

1-2 Heel grind with right (toes from left to right), Recover
踵轉 回復 右足踵轉(足趾由左至右), 左足回復

3&4 海岸步 Step right back, Close left next to right, Step right forward
右足後踏, 左足併踏, 右足前踏

5-6 Heel grind with left (toes from right to left) ¼ turn left, Step right back 左足踵轉(足趾由右至左)左轉90度,
踵轉90 回復 右足後踏

7&8 海岸步 Step left back, Step right next to left, Step left forward (9.00)
左足後踏, 右足併踏, 左足前踏(面向9點鐘)

第二段 **Step, ¼ Turn, Shuffle, Full Turn, Rock, Recover**
踏, 轉1/4, 交換, 轉圈, 下沉, 回復

1-2 踏轉90 Step right forward, ¼ Turn left 右足前踏, 左轉90度

3&4 前交換 Step right forward, Close left next to right. Step right forward
右足前踏, 左足併踏, 右足前踏

5-6 轉轉 ½ Turn right step left back, ½ Turn right step right forward
右轉180度左足後踏, 右轉180度右足前踏

7-8 Step left forward, Recover (6.00)
前下沉 回復 左足前下沉, 右足回復(面向6點鐘)

(RESTART HERE IN THE THIRD WALL REPLACE COUNT SIXTEEN IN A HOLD)

第三面牆跳至此將第8拍右足回復換成候

第三段 **& Step, Touch (x 4), Step Back, Recover, Recover Back, Recover**
踏, 點(4次), 後踏, 回復, 後回復, 回復

&1&2 Step back on left, Touch right toes forward, Step back on right, Touch left toes forward 左足後踏, 右足
踏點踏點 趾前點, 右足後踏, 左足趾前點

&3&4 Step back on left, Touch right toes forward, Step back on right, Touch left toes forward 左足後踏, 右足
踏點踏點 趾前點, 右足後踏, 左足趾前點

5-6 Step back on left, Recover (use hips / Hip-Roll / heels up)
Sway 左足後踏, 右足回復(擺臀)
sway

7-8 Recover on left, Recover (use hips / Hip-Roll / Heels up) (6.00)
Sway 左足回復, 右足回復(擺臀)(面向6點鐘)
sway

第四段 **Jazz Box ¼ Turn, Out, Out, In, In**
爵士方塊轉1/4, 外, 外, 內, 內

1-2 JazzBox 左足於右足前交叉踏, 左轉90度右足後踏
 左90 Step left to left side, Close right next to left
 3-4 左足左踏, 右足併踏
 5-6 Step left out, Step right out (shoulder width)
 Out out In 左足左踏, 右足右踏
 in Step left in, Close right next to left (3.00)
 7-8 左足往內踏, 右足併踏(3點鐘)

第五段 Shuffle forward, Shuffle ½ Turn, Coaster Step, Walk, Walk
前交換, 轉1/2交換, 海岸步, 走, 走

1&2左前 交換 Step left forward, Close right next to left, Step left forward
 左足前踏, 右足併踏, 左足前踏
 3&4 轉交 換 ¼ left step right to right side, Close left next to right, ¼ Turn left step right back 左轉90度右足右踏, 左足併踏, 左轉90度右足後踏
 5&6 海岸 步 Step left back, Close right next to left, Step left forward
 左足後踏, 右足併踏, 左足前踏
 7-8 走 走 Step right forward, Step left forward (9.00)
 右足前踏, 左足前踏(9點鐘)

第六段 Shuffle forward, Shuffle ½ Turn, Coaster Step, Walk, Walk
前交換, 轉1/2交換, 海岸步, 走, 走

1&2右前 交換 Step right forward, Close left next to right, Step right forward
 右足前踏, 左足併踏, 右足前踏
 3&4 轉交 換 ¼ Turn right step left to left side, Close right next to left, ¼ Turn right step left back
 右轉90度左足左踏, 右足併踏, 右轉90度左足後踏
 5&6 海岸 步 Step right back, Close left next to right, Step right forward
 右足後踏, 左足併踏, 右足前踏
 7-8 走 走 Walk left forward, Walk right forward (3.00)
 左足前走, 右足前走(3點鐘)

第七段 Heel, &Step, Heel, &Step, Rock, Recover (x2)
踵, 踏, 踵, 踏, 下沉, 回復(2次)

1&2 點收 點 Touch left heel forward, Close left next to right, Touch right heel forward 左足踵前點, 左足併踏, 右足踵前點
 &3-4 收 前下沉 回復 Close right next to left, Rock left forward, Recover
 右足併踏, 左足前下沉, 右足回復
 &5&6 併 點收點 Close left to right, Touch right heel forward, Close right next to left, Touch left heel forward
 左足併踏, 右足踵前點, 右足併踏, 左足踵前點
 &7-8 收 前下沉 回復 Close left next to right, Rock right forward, Recover (3.00)
 左足併踏, 右足前下沉, 左足回復(3點鐘)

第八段 Shuffle Back, Rock, Recover, Shuffle Forward, Full Turn
後交換, 下沉, 回復, 前交換, 轉圈

1&2 後交 換 Step right back, Close left next to right, Step right back
 右足後踏, 左足併踏, 右足後踏
 3-4 後下沉 回復 Rock left back, Recover 左足後下沉, 右足回復
 5&6 前交 換 Step left forward, Close right next to left, Step left forward
 左足前踏, 右足併踏, 左足前踏

7-8 轉 轉 ½ Turn left step right back, ½ Turn left step left forward (3.00)
左轉180度右足後踏, 左轉180度左足前踏(3點鐘)
