

Hop It (快走開) (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Improver
编舞者: Robbie McGowan Hickie (UK) - 2009年10月
音乐: Go On and Go - Chely Wright : (CD: Woman In The Moon)



前奏 : 16 Count intro 16拍後起跳

- 第一段 Diagonal Step Forward. Lock. Lock Step Diagonally Forward. (Right & Left).斜角前踏, 鎖踏, 斜角前鎖步(右, 左)**
- 1-2 Step Right Diagonally forward Right. Lock Left behind Right.
右足右斜角線前踏, 左足於右足後鎖踏
- 3&4 Step Right Diagonally forward Right. Lock Left behind Right. Step Right Diagonally forward Right.
右足右斜角線前踏, 左足於右足後鎖踏, 右足右斜角線前踏,
- 5-6 Step Left Diagonally forward Left. Lock Right behind Left.
左足左斜斜角線前踏, 右足於左足後鎖踏
- 7&8 Step Left Diagonally forward Left. Lock Right behind Left. Step Left Diagonally forward Left.
左足左斜斜角線前踏, 右足於左足後鎖踏, 左足左斜斜角線前踏
- 第二段 Cross. Push Back. Chasse 1/4 Turn Right. Step. Pivot 1/2 Turn Right. Left Shuffle Forward. 交叉後推, 追步轉1/4, 踏轉, 前交換**
- 1-2 Cross step Right over Left. Step back on Left – Pushing hips back.右足於左足前交叉踏, 左足後踏後推臀
- 3&4 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.
右足右踏, 左足併踏, 右轉90度右足前踏
- 5-6 Step forward on Left. Pivot 1/2 turn Right.
左足前踏, 右軸轉180度
- 7&8 Left shuffle forward stepping Left. Right. Left. (Facing 9 o'clock) 前交換-左, 右, 左(面向9點鐘)
- 第三段 2x Walks Forward. Right Mambo Forward. 2 x Sweeps Back. Left Coaster Step. 前走二次, 前曼波, 後繞二次, 海岸步**
- 1-2 Walk forward on Right. Walk forward on Left.
右足前走, 左足前走
- 3&4 Rock forward on Right. Rock back on Left. Step back on Right.
右足前下沉, 左足回復, 右足後踏
- 5-6 Sweep Left out and around stepping back on Left. Sweep Right out and around stepping back on Right. 左足繞至後踏, 右足繞至後踏
- 7&8 Step back on Left. Step Right beside Left. Step forward on Left.左足後踏, 右足併踏, 左足前踏
- 第四段 Forward Rock with Heel Lift. Shuffle 1/2 Turn Right. Forward Rock with Heel Lift. Shuffle 1/2 Turn Left. 前下沉帶踵抬, 轉交換, 前下沉帶踵抬, 轉交換**
- 1-2 Rock forward on Right - raising Left heel up behind Right leg. Recover weight on Left. 右足前下沉左足踵抬到右腿後, 左足回復
- 3&4 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 3 o'clock) 右180度轉交換-右, 左, 右(面向3點鐘)
- 5-6 Rock forward on Left - raising Right heel up behind Left leg. Recover weight on Right. 左足前下沉右足踵抬到左腿後, 右足回復
- 7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 3 o'clock) 左180度轉交換-左, 右, 左(面向3點鐘)

