

Hit The Lights (最佳女主角) (zh)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver
编舞者: Francien Sittrop (NL) - 2009年02月
音乐: Lights, Camera, Action - The Pussycat Dolls



前奏 : Start On the verse (37 Sec)

第一段 **L Cross, Side, Sailor Step, Cross , Side, Sailor Step**
左交叉, 侧, 水手步, 交叉, 侧, 水手步

- 1-2 L step across R, Step R to R side
左足於右足前交叉踏, 右足右踏
- 3&4 Step L behind R, Step R next to L, Step L to L side
左足於右足後踏, 右足併踏, 左足左踏
- 5-6 Step R across L, Step L to L side
右足於左足前交叉踏, 左足左踏
- 7&8 Step R behind L, Step L next to R, Step R to R side
右足於左足後踏, 左足併踏, 右足右踏

第二段 **Step Fwd, Pivot ½ Turn R, Full Turn R, Rock , Recover, Lockstep Back** 前踏, 右轉1/2, 右轉圈, 下沉回復, 後鎖步

- 1-2 Step L fwd, ½ Turn R (6.00) 左足前踏, 右轉180度(面向6點鐘)
- 3-4 Full Turn R With L,R, 右轉圈-左, 右
- 5-6 Rock L Fwd, Recover on R 左足前下沉, 右足回復
- 7&8 Lock step back with L, R, L 後鎖步-左, 右, 左

第三段 **Touch Back, ½ Turn R, L Rock and Cross, R Side Rock(hip sways) , Recover, Behind , Side, Fwd**
後點, 右轉1/2, 左下沉交叉, 右側下沉(擺臀), 下沉, 後, 側, 前

- 1-2 Touch R back, ½ Turn R (weight on R) (12.00)
右足後點, 右轉180度(重心在右足)(面向12點鐘)
- 3&4 Rock L to L side, Recover on R, Step L fwd
左足左下沉, 右足回復, 左足前踏
- 5-6 Rock R to R side with Hip sways, Recover on L
右足右下沉右擺臀, 左足回復
- 7&8 Step R behind L, Step L to L side, Step R Fwd
右足於左足後踏, 左足左踏, 右足前踏

第四段 **Rock Fwd, Recover, Shuffle ¾ Turn, Step, Lock, Lock Step**
前下沉, 回復, 轉3/4交換步, 踏, 鎖, 鎖步

- 1-2 Rock L to Fwd, Recover on R 左足前下沉, 右足回復
- 3&4 Shuffle ¾ Turn L with L,R,L (3.00)
左270度轉交換-左, 右, 左(面向3點鐘)
- 5-6 Step R fwd, Step L behind R 右足前踏, 左足於右足後踏
- 7&8 R Lockstep fwd with R, L, R 前鎖步-右, 左, 右

第五段 **Out, Out (Option: Squads) , Coaster Step, Step Fwd, Step Behind, Heel Swivels** 外外, 海岸步, 前踏, 後踏, 踵旋轉

1-2 Step L out with knee roll (roll L shoulder from front to back), Step R out with Knee roll (roll R shoulder from front to back) Option: go down your knees on 1- 2 and raise when you do the Coaster step (3&4)
左膝蓋略向外轉踏, 右膝蓋略向外轉踏

3&4 Step L back Step R next to L, Step L fwd
左足後踏, 右足併踏, 左足前踏

5-6 Step R fwd, Step L toe behind R heel 右足前踏, 左足趾於右足踵後點

&7&8 Heel Swivels Out, In , Out , In 雙足踵旋轉-外, 內, 外, 內

第六段 Step Fwd, ¼ Turn R, Behind, Side, Cross, ¼ Turn R , ½ Turn R , ¼ Turn R with Heel Bounces
前踏, 右1/4, 後, 旁, 交叉, 右1/4, 右1/2, 右1/4踵彈二次

1-2 Step L fwd, ¼ Turn R (6.00) 左足前踏, 右轉90度(面向6點鐘)

3&4 Step L behind R, Step R to R side, Step L across R
左足於右足後踏, 右足右踏, 左足於右足前交叉踏

5-6 ¼ Turn R and step R fwd, ½ Turn R and step L back
右轉90度右足前踏, 右轉180度左足後踏

7&8 ¼ Turn R and touch R to R side and Bounce Heels (weight ends on R)
右轉90度右足右點, 踵踏, 踵踏(結束重心在右足)

Option: Hand movement: you can do this every wall but you can also do it only on the second wall on count 7 & 8 when he sings 1-2-3-4 : R arm up and fwd and Point your R index finger down , up, down

手部動作:

每次在7&8時右手舉起, 右食指向下點, 向上點, 向下點
也可以只在第二面牆時, 當唱到1-2-3-4時做一次即可
