

Head Phones (耳機訴情) (zh)

COPPER KNOB
BY STEPHEN BRETZ

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Maggie Gallagher (UK) - 2008年07月
音乐: Headphones (Almighty Anthem Edit) - LeAnn Rimes : (CD: Almighty CDM)



前奏 : Intro: 64 counts (29 secs) Start on Main Vocals (Total Song Duration 3m 42s)

- 第一段** **Walk, 1/2 Right, 1/4 Right, Point Left, 1/4 Left, Point Right, Right Kick-Ball-Change**
走, 右轉1/2, 右轉1/4, 左點, 左轉1/4, 右點, 右踢交換
- 1,2 Walk forward right, Make 1/2 turn right stepping back on left (6.00)
右前走步, 右轉180度左足後踏(6點鐘)
- 3,4 Make 1/4 turn right stepping right to right side, Point left toe to left side (9.00) 右轉90度右足右踏,
左足趾左點
- 5,6 Make 1/4 turn left stepping onto left, Point right toe to right side (6.00) 左轉90度左足踏, 右足趾右
點(6點鐘)
- 7&8 Kick forward on right, Step right next to left, Step left in place
右足前踢, 右足併踏, 左足踏
- 第二段** **Step, 1/2 Pivot, Rock, Recover, Full Turn Right, Left Shuffle**
踏, 轉1/2, 下沉, 回復, 右轉圈, 左交換
- 1,2 Step forward on right, Make 1/2 pivot turn left turn left (weight back on right) (12.00)
右足前踏, 左轉180度重心在右足(12點鐘)
- 3,4 Rock back on left, Recover onto right 左足後下沉, 右足回復
- 5,6 1/2 turn right stepping back on left, 1/2 turn right stepping forward on right (12.00) 右轉180度左足
後踏, 右轉180度右足前踏(12點鐘)
- 7&8 Step forward on left, Step right beside left, Step forward on left
左足前踏, 右足併踏, 左足前踏
- 第三段** **Side, Hold, Together, Right Cross, Hold, Heel Jack, Hold, Together, Cross Rock, Recover 側, 候,**
併, 右交叉, 候, 併, 交叉下沉, 回復
- 1,2 Step right to right side, HOLD 右足右踏, 候
- &3,4 Step left beside right, Cross right over left, HOLD
左足併踏, 右足於左足前交叉踏, 候
- &5,6 Step back on left, Tap right heel forward on right diagonal, HOLD
左足後踏, 右足踵右斜角線前點, 候
- &7,8 Step right beside left, Cross rock left over right, Recover onto right (12.00) 右足併踏, 左足於右足
前交叉下沉, 右足回復
- 第四段** **Side, 1/2 Hinge Left X2, Left Side Chasse, Rock Back, Recover, Right Side Chasse 側, 左鏈轉1/2**
二次, 左追步, 交叉下沉, 回復, 右追步
- 1,2 Step left to left side, 1/2 hinge turn left stepping right to right side (6.00) 左足左踏, 左鏈轉180度右
足右踏(6點鐘)
- 3&4 1/2 hinge turn left stepping left to left side, Step right next to left, Step left to left side (12.00)
左鏈轉180度左足左踏, 右足併踏, 左足左踏(12點鐘)
- 5,6 Rock back on right, Recover onto left
右足後下沉, 左足回復
- 7&8 Step right to right side, Step left next to right, Step right to right side 右足右踏, 左足併踏, 右足右
踏

第五段

Turn 1/4 Left With Stomp, Hold, Right Sailor, Cross, Hitch, Back, Point 左轉1/4重踏, 候, 右水手, 交叉, 抬, 後, 點

- 1,2 Make 1/4 turn left stomping left to left side, HOLD (9.00)
左轉90度左足左重踏, 候(9點鐘)
- 3&4 Cross right behind left, Step left to left side, Step right to right side 右足於左足後交叉踏, 左足左踏, 右足右踏
- 5,6 Cross step forward on left, Hitch right knee forward
左足前交叉踏, 右膝蓋前抬起
- 7,8 Step back on right (diagonal), Point left toe to left side (9.00)
右足斜角線後踏, 左足趾左點(9點鐘)

第六段

Left Cross, Right Kick Ronde Forward, Right Jazz, Side Touches
左交叉, 右踢繞前, 右爵士方塊, 側點

- 1,2 Cross left over right, Kick right forward sweeping over left
左足於右足前交叉踏, 右足前踢繞至左足前
- 3,4 Cross right over left, Step back on left
右足於左足前交叉踏, 左足後踏
- 5,6 Step right to right side, Touch left next to right
右足右踏, 左足併點
- 7,8 Step left to left side, Touch right next to left (9.00)
左足左踏, 右足併點(9點鐘)

RESTART OCCURS AFTER 48 counts DURING wall 2. You will be facing the back wall 第二面牆跳到這兒面向後面牆時, 從頭起跳

第七段

Walks Back, Out, Out, Back, 1/2 Turn, Step, 1/2 Pivot, Step
後走, 外, 外, 後, 轉1/2, 踏, 轉1/2, 踏

- 1,2 Walk back right, Walk back left 右後走步, 左後走步
- &3,4 Step out on right, Step out on left, Step back on right
右足右踏, 左足左踏, 右足後踏
- 5,6 Make 1/2 turn left stepping forward on left, Step forward on right (3.00)
左轉180度左足前踏, 右足前踏(3點鐘)
- 7,8 1/2 pivot left with weight on left, Step forward on right (9.00)
左轉180度重心在左足, 右足前踏(9點鐘)

第八段

Full Turn Right, Left Shuffle, Right Jazz - Step
右轉圈, 左交換, 右爵士方塊, 踏

- 1,2 1/2 turn right stepping back on left, 1/2 turn right stepping forward on right (9.00) 右轉180度左足後踏, 右轉180度右足前踏(9點鐘)
- 3&4 Step forward on left, Step right next to left, Step forward on left
左足前踏, 右足併踏, 左足前踏
- 5,6 Cross right over left, Step back on left
右足於左足前交叉踏, 左足後踏
- 7,8 Step right to right side, Step forward on left (9.00)
右足右踏, 左足前踏(9點鐘)
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