

Hot Out The Box (舞感情挑) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Shaz Walton (UK) - 2010年04月
音乐: For Your Entertainment - Adam Lambert



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

第一段 Side. Touch. Side. Behind. Side. ¼. Back. Together.
側, 點, 側, 後, 側, 1/4後, 併

1-2 Step right to right. Touch left beside right. 右足右踏, 左足併點

3-4 Step left to left. Cross right behind left.
左足左踏, 右足於左足後交叉踏

5-6 Step left to left. Step right to right side.
左足左踏, 右足右踏

7-8 Make ¼ left stepping back left. Step right beside left.
左轉90度左足後踏, 右足併踏

第二段 Forward. Hold. Ball forward. Touch. Back. Coaster step. Brush.
前, 候1, 併前點, 後, 海岸步, 刷

1-2 Step left forward. Hold. 左足前踏, 候

&3-4 Step right beside left. Step left forward. Touch right beside left.
右足併踏, 左足前踏, 右足併點

5 Step back on right. 右足後踏

6&7 Step back left. Step back right. Step forward left.
左足後踏, 右足後踏, 左足前踏

8 Brush right foot forward. 右足前刷

第三段 Scuff touch heel/slide. Scuff touch heel/slide. Rock. Recover. ¼. Touch. 擦踢點滑踏, 擦踢點滑踏, 下沉回復, 1/4點

&1-2 Scuff right toe close to left. Tap right toes close to left. Drop right heel as you slide left back.
右足擦踢, 右足趾併點, 右足踵滑向左足後踏

&3-4 Scuff left toes close to right. Tap left toes close to right. Drop left heel as you slide right back.
左足擦踢, 左足趾併點, 左足踵滑向右足後踏

5-6 Rock forward on right. Recover on left.
右足前下沉, 左足回復

7-8 Make ¼ right stepping right to right side. Touch left beside right.
右轉90度右足右踏, 左足併點

第四段 Side. Sailor/sway sway. Side. Sailor step. Touch.
側, 水手帶擺臀擺臀, 側, 水手步, 點

1-2 Step left to left. Cross step right behind left.
左足左踏, 右足於左足後交叉踏

&3-4 Step left to left. Sway right. Sway left (funky sways!)
左足左踏, 右擺臀, 左擺臀

5-6 Step right to right. Cross step left behind right.
右足右踏, 左足於右足後交叉踏

&7-8 Step right to right. Step left to left. Touch right beside left.
右足右踏, 左足左踏, 右足併點

Restart wall 3- dance up to count 32. Restart the dance again- facing 12 o'clock)
第三面牆跳至此面向12點鐘, 從頭起跳

第五段 Out. Out. Hold. Together. Forward. Hold. Out. Out. Hold. ¼ dip. Side kick. 大大候, 併前候, 大大候, 1/4蹲, 側踢

- &1-2 Step right to right. Place left to left. Hold. (Weight remains right)
右足右踏, 左足左踏, 候(重心在右足)
- &3-4 Step left to centre. Place right forward. Hold. (Weight remains left)
左足回踏, 右足前踏, 候(重心在左足)
- &5-6 Step right to right. Step left to left. Hold.
右足右踏, 左足左踏, 候(重心在右足)
- &7-8 Make ¼ left stepping left stepping left slightly forward. . Place right beside left as you bend both knees. Step right beside left as kick left to left side. (Make this whole section sharp)
左轉90度左足略前踏, 右足併踏彎雙膝, 左足左踢
- 第六段** **Cross. Back. ¼ forward. Step. Brush. Rock. Recover. ¼. Forward. Together. 交叉後, 1/4前, 前, 刷, 下沉回復, 1/4前併**
- 1-2 Cross left over right. Step back right.
左足於右足前交叉踏, 右足後踏
- &3-4 Make ¼ left as you step left forward. Step forward right. Brush left forward. 左轉90度左足前踏, 右足前踏, 左足前刷
- 5-6 Rock forward left. Recover on right. 左足前下沉, 右足回復
- &7-8 Make ¼ left stepping left to left side. Step right forward. Step left to left side. 左轉90度左足左踏, 右足前踏, 左足左踏
- 第七段** **Swivel. Dip. Rock. Recover. ½ . lock. Step. Lock. Step. 旋轉, 蹲, 下沉回復, 1/2踏鎖, 前鎖步**
- 1-2 Make 1/8 turn right, as you swivel right toe up and left heel back. Bring/slide left upto right with feet together bend both knees facing 5 o'clock. 雙足向右旋轉45度, 左足併踏彎雙膝(面向5點鐘)
- 3-4 Rock forward right. Recover left. 右足前下沉, 左足回復
- 5-6 Make ½ right stepping right forward. Lock left behind right. (11 o'clock) 右轉180度右足前踏, 左足於右足後鎖踏(面向11點鐘)
- 7&8 Step right forward. Lock left behind right. Step right forward.
右足前踏, 左足於右足後鎖踏, 右足前踏
- 第八段** **Rock. Recover. Coaster/press. Coaster step. Forward. ½ touch. 下沉回復, 海岸步帶壓踏, 海岸步, 踏, 轉點**
- 1-2 Rock forward on left. Recover on right.
左足前下沉, 右足回復
- 3&4 Step back left. Step back right. Press left forward.
左足後踏, 右足後踏, 左足前壓踏
- 5&6 Step back right. Step back left (straightening up to 12 o'clock) . Step right forward. 右足後踏, 左足後踏(轉正面向12點鐘), 右足前踏
- 7-8 Step left forward. Make a quick ½ turn right on ball of left, ending with right touched beside left. 左足前踏, 右轉180度右足併點
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