

Hypnotized (深情迷戀) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Hypnotized - Tanya Christopher



前奏 : Count in: 32 counts- on vocals – optional styling in Italics 32拍後唱歌起跳

第一段 Side. Touch. Ball. Walk. Walk. Heel. Touch. Heel-Touch-Heel.
左, 併點 併踏 走, 走, 踵 併點, 踵 併點 踏

1-2& Step left to left. Touch right beside left. Step right beside left.
左足左踏, 右足併點, 右足併踏

3-4 Walk forward left. Walk forward right. 左足前走, 右足前走

5-6 Touch left heel forward. Touch left beside right.
左足踵前點, 左足併點

7&8 Touch left heel forward. Touch left beside right. Step left forward.
左足踵前點, 左足併點, 左足前踏

Counts 5-8.....pop your shoulders 5-8拍雙肩擺動

第二段 Rock. Recover. Shuffle ½. Chasse Left. Sailor ¼
下沉 回復, 轉交換, 左追步, 1/4轉水手

1-2 Rock forward on right. Recover on left. 右足前下沉, 左足回復

3&4 Shuffle ½ turn right. 右180度轉交換

5&6 Chasse left. 左追步

7&8 Cross step right behind left. Make ¼ right stepping left to side. Step right forward. 右足於左足後交叉踏, 右轉90度左足左踏, 右足前踏

第三段 Rock. Recover. Ball. Touch Behind. ¼. Step. Switch. Step. Switch. Step. Heel. Step. Touch.
下沉, 回復 併後點, 右1/4 併點 收點 踵 收後點

1-2 Rock forward left. Recover on right.
左足前下沉, 右足回復

&3-4 Step left beside right. Touch right behind. Make ¼ right keeping weight on left. 左足併踏, 右足後點, 右轉90度重心在左足

&5&6 Step right beside left. Touch left to left side. Step left beside right. Touch right to right side. 右足併踏, 左足左點, 左足併踏, 右足右點

&7 Step right beside left. Touch left heel forward.
右足併踏, 左足踵前點

&8 Step left beside right. Touch right toes behind left.
左足併踏, 右足趾後點

第四段 Ball. Step. Hold. Ball. Step. Touch. Walk Back X2. Coaster Step.
併-踏, 候 併踏, 後走 後走, 海岸步

&1-2 Step right beside left. Step left forward. Hold.
右足併踏, 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

5-6 Walk back right. Walk back left. 右足後走, 左足後走

7&8 Step back right. Step back left. Step forward right.
右足後踏, 左足後踏, 右足前踏

- 第五段 Touch. ¼ turn. Rock. Recover. Kick. Ball. Touch. Kick. Ball. Point.**
點, 1/4, 後下沉, 回復, 踢 併 併點, 踢 併 點
- 1-2 Touch left to left side. Make ¼ right keeping weight back on left. (Body roll) 左足左點, 右轉90度重心在左足(身體轉動)
- 3-4 Rock back on right. Recover on left. 右足後下沉, 左足回復
- 5&6 Kick right forward. Step right beside left. Touch left beside right.
右足前踢, 右足併踏, 左足併點
- 7&8 Kick left forward. Step left beside right. Touch right to right side.
左足前踢, 左足併踏, 右足右點
- 第六段 Sailor Step. Sailor ¼. Sailor Step. Sailor ½.**
水手步, 轉水手, 水手步, 轉水手
- 1&2 Cross step 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
- 3&4 Cross step left behind right. ¼ left stepping right to right side. Step left to left side. 左足於右足後交叉踏, 左轉90度右足右踏, 左足左踏
- 5&6 Cross step 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
- 7&8 ¼ left stepping left behind right. ¼ left stepping right to side. Step left forward. (sailor ½)
左轉90度左足於右足後踏, 左轉90度右足右踏, 左足前踏(轉水手)
- 第七段 Rocks Forward-Back-Forward. Shuffle ½. Coaster Step. Shuffle ½**
下沉-前, 後, 前, 轉交換, 海岸步, 轉交換
- 1-3 With body angled to left diagonal, step forward right and rock, forward-back-forward.(weight ends right)
(身體彎向左斜角)右足前下沉 左足後回復, 左足前下沉
- 4&5 Shuffle ½ turn right stepping left-right-left.
右180度轉交換-左, 右, 左
- 6&7 Step back right. Step back left. Step forward right.
右足後踏, 左足後踏, 右足前踏
- 8&1 Shuffle ½ turn right stepping left-right-left.
右180度轉交換-左, 右, 左
- 第八段 Hitch. ½. Rock. Recover. Step Back. Touch. ½ Right.**
抬, 轉, 下沉, 回復, 後踏, 後點, 轉
- 2-3 Hitch right. Make ½ turn right stepping right forward.
右足抬, 右轉180度右足前踏
- 4-5 Rock forward on left. Recover on right.
左足前下沉, 右足回復
- 6-7 Step back left. Touch right behind.
左足後踏, 右足後點
- 8 Make ½ turn right dropping weight onto right foot.
右轉180度右足踏
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