

Here We Go Boogaloo (大跳機械舞)

(zh)

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 1 级数: Intermediate
编舞者: Ruben Luna (USA) - 2009年03月
音乐: Boogaloo - Soul Control



前奏: Dance begins after 32 counts 32拍後起跳
Part A A部份 48拍

第一段 Mambo Front Right, Clap, Mambo Back Left, Clap 前曼波, 拍手, 後曼波, 拍手

- 1-2 Step forward right, recover back onto left 右足前踏, 左足回復
3-4 Step right foot next to left, and clap once 右足併踏, 拍手
5-6 Step left foot back, recover forward onto right
左足後踏, 右足回復
7-8 Step Left next to right, and clap once 左足併踏, 拍手

第二段 Rt. Low Kick Forward, Low Kick Rt. Side, Rt. Sailor, Lt. Sailor, Step ¼ Turn Rt., Cross Lt. Over Rt. 前踢, 右踢, 右水手, 左水手, 1/4 交叉

- 1-2 Low kick right foot forward, low kick right foot to side
右足略前踢, 右足略右踢
3&4 Step right behind left, step left to left side, step right to right side 右足於左足後踏, 左足左踏, 右足右踏
5&6 Step left behind right, step right to right side, step left to left side 左足於右足後踏, 右足右踏, 左足左踏
7-8 Step right to right side ¼ turn right, (3:00) cross left over right
右足右踏右轉90度(面向3點鐘), 左足於右足前交叉踏

第三段 Vine Right Double Clap, Vine Left Single Clap 右華倫帶拍手兩次, 左華倫帶點並拍手一次

- 1-2 Step right to right side, step left behind right
右足右踏, 左足於右足後踏
3-4 Step right to right side, touch left next to right(clap 2 times on - &4) 右足右踏, 左足併踏(&4拍手兩次)
5-6 Step left to left side, step right behind left
左足左踏, 右足於左足後踏
7-8 Step left to left side, touch right next to left (clap once on - 8)
左足左踏, 右足併點(第8拍拍手一次)

第四段 Rocking Chair, Step Pivot ½ Turn Left, Step ½ Turn Left 搖椅步, 踏轉, 踏轉

- 1-2 Step forward onto right, rock back onto left
右足前踏, 左足回復
3-4 Step back onto right, rock forward onto left
右足後踏, 左足回復
5-6 Step forward right foot, ½ pivot turn left (9:00)
右足前踏, 左軸轉180度(面向9點鐘)
7-8 Step forward onto right foot, ½ turn left (3:00) step left to left side 右足前踏, 左轉180度(面向3點鐘), 左足左踏

*For styling while doing steps 5-8 raise hands in the air and shake hands
5-8拍手勢: 雙手高舉搖擺

第五段 Heel Grind Right, Triple In Place, Heel Grind Left Triple In Place
踵轉, 原地恰恰恰, 踵轉, 原地恰恰恰

- 1-2 Touch right heel in front, twist right toe to right side
右足踵前點, 右足趾向右轉
- 3&4 Step right next to left, step left next to right, step right next to left 右足併踏, 左足併踏, 右足併踏
- 5-6 Touch left heel in front, twist left toe to left side
左足踵前點, 左足踵向左轉
- 7&8 Step left next to right, step right next to left, step left next to right 左足併踏, 右足併踏, 左足併踏

第六段 Vine Right, ¼ Right, ½ Turn Right, Walk Right, Left, Right, Left
右華倫, 1/4, 1/2, 走走走走

- 1-2 Step right to right side, step left behind right
右足右踏, 左足於右足後踏
- 3-4 Step right ¼ turn right (6:00), ½ turn right (12:00) stepping left foot back 右轉90度右足踏(面向6點鐘),
右轉180度左足後踏(面向12點鐘)
- 5-6 Step forward right, step forward left 右足前踏, 左足前踏
- 7-8 Step forward right, step forward left 右足前踏, 左足前踏

*Variation options for counts 5-8 you could either skate R,L,R,L or move knees in and out with each step 5-8拍走四步, 可以滑冰步取代, 也可以轉膝走步

Part B B部份 32拍

第一段 Rock Recover Right, ½ Turn Right, ½ Turn Right, Step Cross, Step Cross
右下沉 回復, 轉轉, 踏交叉, 踏交叉

- 1-2 Step right to right side, rock back onto left 右足右踏, 左足後回復
- 3-4 Step right ½ turn right (6:00) step left ½ turn right (12:00)
右轉180度右足踏(面向6點鐘), 右轉180度左足踏(面向12點鐘)
- 5-6 Step right to right side, cross left over right
右足右踏, 左足於右足前交叉踏
- 7-8 Step right to right side, cross left over right
右足右踏, 左足於右足前交叉踏

第二段 Rock Recover Right, Vine Left, ¼ Turn Left, ¼ Turn Left, Hip Bumps
右下沉 回復, 後 1/4 1/4 點

- 1-2 Step right to right side, recover onto left
右足右踏, 左足回復
- 3-4 Step right behind left, step left ¼ turn left (9:00)
右足於左足後踏, 左轉90度左足踏(面向9點鐘)
- 5-6 Step right ¼ turn left (6:00), touch left next to right (make sure right knee is bent) 左轉90度右足踏(面向6點鐘), 左足併點(右膝彎)
- 7&8 Hip bump right, hip bump left, hip bump right
右推臀, 左推臀, 右推臀

第三段 Cross Rock Recover Left, Triple To Side, Cross Rock Recover Right Triple To Side 交叉下沉 回復, 左追步, 交叉下沉 回復, 右追步

- 1-2 Cross left over right, recover onto right
左足於右足前交叉踏, 右足回復
- 3&4 Step left to left side, step right next to left, step left to left side 左足左踏, 右足併踏, 左足左踏
- 5-6 Cross right over left, recover onto left
右足於左足前交叉踏, 左足回復
- 7-8 Step right to right side, step left next to right, step right to side
右足右踏, 左足併踏, 右足右踏

第四段 ¼ Turn Jazz Box Left, Vine Left, ¼ Turn Left, Triple Step
爵士方塊左1/4, 左轉1/4華倫帶前交換

- 1-2 Cross left over right, step back onto right
左足於右足前交叉踏, 右足後踏
- 3-4 ¼ turn left (3:00) step forward on left, step forward with right
左轉90度(面向3點鐘)左足前踏, 右足前踏
- 5-6 Step left to left side, step right behind left
左足左踏, 右足於左足後踏
- 7&8 ¼ turn left (12:00) step forward on left, step right next to left, step left forward 左轉90度(面向12點鐘)左足前踏, 右足併踏, 左足前踏

Part C C部份 32拍

第一段 Mambo Right Hold, Mambo Left Hold 右曼波, 候, 左曼波, 候

- 1-2 Rock right to right side, recover onto left
右足右下沉, 左足回復
- 3-4 Step right next to left, hold 右足併踏, 候
- 5-6 Rock left to left side, recover onto right
左足左下沉, 右足回復
- 7-8 Step left next to right, hold 左足併踏, 候

第二段 ½ Pivot Turn Left, Step Together Hold, Step Forward, Step Together, Step Forward, Step Touch 踏轉併候, 踏併踏點

- 1-2 Step forward with right foot, ½ turn to the left (6:00)
右足前踏, 左轉180度(面向6點鐘)
- 3-4 Step right next to left, hold 右足併踏, 候
- 5-6 Step left forward, step right next to left
左足前踏, 右足併踏
- 7-8 Step left forward, touch right next to left
左足前踏, 右足併點

第三段 Mambo Right Hold, Mambo Left Hold 右曼波, 候, 左曼波, 候

- 1-2 Rock right to right side, recover onto left
右足右下沉, 左足回復
- 3-4 Step right next to left, hold 右足併踏, 候
- 5-6 Rock left to left side, recover onto right
左足左下沉, 右足回復
- 7-8 Step left next to right, hold 左足併踏, 候

第四段 ½ Pivot Turn Left, Step Together Hold, Step Forward, Step Together, Step Forward, Step Touch 踏轉併候, 踏併踏點

- 1-2 Step forward with right foot, ½ turn to the left (12:00)
右足前踏, 左轉180度(面向12點鐘)
- 3-4 Step right next to left, hold 右足併踏, 候
- 5-6 Step left forward, step right next to left
左足前踏, 右足併踏
- 7-8 Step left forward, touch right next to left
左足前踏, 右足併點

* When doing partial A dance through first 32 counts and change the last two counts from ½ turn to ¾ turn end facing Front (12:00)

partial A部份是跳到第32拍, 將最後2拍由轉180度改成轉270度面向前面牆
