

U Turn (愛情急轉彎) (zh)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver

编舞者: Robbie McGowan Hickie (UK) - 2009年03月

音乐: Your Heart Turned Left (And I Was On The Right) - Jason Allen : (CD: Wouldn't It Be Nice)



前奏 : 8 Count intro – Start on Vocals

- 第一段** Step Diagonally Forward Right. Touch. Step Back. Kick. Behind. Side. Cross. Step Diagonally Forward Left. Touch. Step Back. Kick. Behind. 1/4 Turn Right. Step Forward. 斜前踏點斜後踏踢, 後-旁-前, 斜前踏點, 斜後踢, 後-1/4-前
- 1& Step Right Diagonally forward Right. Touch Left toe beside Right. 右足斜角前踏, 左足併點
- 2& Step Left Diagonally back Left. Kick Right Diagonally forward Right. 左足斜角後踏, 右足斜角前踢
- 3&4 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 5& Step Left Diagonally forward Left. Touch Right toe beside Left. 左足斜角前踏, 右足趾併點
- 6& Step Right Diagonally back Right. Kick Left Diagonally forward Left. 右足斜角後踏, 左足斜角前踢
- 7&8 Cross Left behind Right. Make 1/4 turn Right stepping forward on Right. Step forward on Left. 左足於右足後交叉踏, 右轉90度右足前踏, 左足前踏
- 第二段** Right Lock Step Forward. Step. Pivot 1/2 Turn Right. Step Forward. 1/2 Turn Left. Hold and Clap. 1/2 Turn Left. Hold and Clap. Right Mambo Forward. 前鎖步, 踏轉踏, 轉候, 轉候, 前曼波
- 1&2 Step forward on Right. Lock step Left behind Right. Step forward on Right. (Facing 3 o'clock) 右足前踏, 左足於右足後鎖踏, 右足前踏(面向3點鐘)
- 3&4 Step forward on Left. Pivot 1/2 turn Right. Step forward on Left. 左足前踏, 右軸轉180度, 左足前踏
- 5& Make 1/2 turn Left stepping back on Right. Hold and Clap. 左轉180度右足後踏, 候(拍手)
- 6& Make 1/2 turn Left stepping forward on Left. Hold and Clap. 左轉180度左足前踏, 候(拍手)
- 7&8 Rock forward on Right. Rock back on Left. Step back on Right. (Facing 9 o'clock) 右足前下沉, 左足回復, 右足後踏(面向9點鐘)
- 第三段** Toe Struts Back (Left & Right). Left Coaster Cross. Syncopated Monterey 1/4 Turn Right x 2. 後趾踵(左, 右), 海岸交叉, 變奏蒙特瑞轉1/4二次
- 1& Step Left toe back. Drop Left heel to floor. 左足趾後踏, 左足踵踏
- 2& Step Right toe back. Drop Right heel to floor. 右足趾後踏, 右足踵踏
- 3&4 Step back on Left. Step Right beside Left. Cross step Left over Right. 左足後踏, 右足併踏, 左足於右足前交叉踏
- 5& Point Right toe out to Right side. Make 1/4 turn Right stepping Right beside Left. 右足趾右點, 右轉90度右足併踏
- 6& Point Left toe out to Left side. Step Left beside Right. 左足趾左點, 左足併踏
- 7& Point Right toe out to Right side. Make 1/4 turn Right stepping Right beside Left. 右足趾右點, 右轉90度右足併踏

8 Point Left toe out to Left side. (Facing 3 o'clock)
左足趾左點(面向3點鐘)

第四段 Left Cross Shuffle. Right Scissor. 1/4 Turn Right x 2. Left Lock Step Forward. 交叉交換, 剪刀步, 右1/4二次, 前鎖步

1&2 Cross step Left over Right. Step Right to Right side. Cross step Left over Right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

3&4 Step Right to Right side. Close Left beside Right. Cross step Right over Left. 右足右踏, 左足併踏, 右足於左足前交叉踏

5-6 Make 1/4 turn Right stepping back on Left. Make 1/4 turn Right stepping Right beside Left. 右轉90度左足後踏, 右轉90度右足併踏

7&8 Step forward on Left. Lock step Right behind Left. Step forward on Left. (Facing 9 o'clock) 左足前踏, 右足於右足後鎖踏, 左足前踏 (9點鐘)
