

Love Me (好好愛我) (zh)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
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音乐: L.O.V.E - V V Brown : (CD: Travelling Like The Light)



前奏: 4 Count intro from Main Beat – Start on Vocals

- 第一段** **Toe. Heel. Side Step Right. Drag. Back Rock & Side Step Left. Kick. Behind & Step Forward. Scuff. Left Mambo Forward. Sweep.**
趾, 踵, 右, 拖, 後下沉回復, 左, 踢, 後, 旁, 前, 擦踢, 左前曼波, 繞
- 1& Touch Right toe beside Left (Right knee turned In). Touch Right heel Diagonally forward Right.
右足趾併點(右膝轉向內), 右足踵右斜角前點
- 2& Long step Right to Right side. Drag/Slide Left towards Right. (Weight on Right)
右足右一大步, 左足拖併(重心在右足)
- 3&4 Rock back on Left. Rock forward on Right. Step Left to Left side.
左足後下沉, 右足前下沉, 左足左踏
- & Flick/Kick Right Diagonally forward Right.
右足右斜角前踢
- 5&6& Cross Right behind Left. Step Left to Left side. Step Forward on Right. Scuff Left forward.
右足於左足後交叉踏, 左足左踏, 右足前踏, 左足前擦踢
- 7&8 Rock forward on Left. Rock back on Right. Step back on Left.
左足前下沉, 右足後下沉, 左足後踏
- & Sweep Right Out and Around from Front to Back.
右足由前繞至後
- 第二段** **Behind & Cross. & Heel. & Cross. Flick. Chasse 1/4 Turn Right. Scuff. Step. 1/2 Turn Right. Step.**
後踏交叉, 踏踵, 踏交叉, 抬, 右轉1/4追步, 擦踢, 踏右1/2, 踏
- 1&2 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
- &3 Step Left to Left side and slightly back. Dig Right heel Diagonally forward Right.
左足略左後踏, 右足踵斜前點
- &4& Step ball of Right back to place. Cross step Left over Right. Flick Right heel up behind Left leg.
右足踏, 左足於右足前交叉踏, 右足踵抬高於左腿後
- 5&6 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.
右足右踏, 左足併踏, 右轉90度右足前踏
- & Scuff Left forward. (Facing 3 o'clock)
左足前擦踢(面向3點鐘)
- 7&8 Step forward on Left. Pivot 1/2 turn Right. Step forward on Left. (Facing 9 o'clock)
左足前踏, 右轉180度, 左足前踏(面向9點鐘)
- 第三段** **Side Rock & Cross (Right & Left). Toe Touches Out-In. Heel. Hook. Right Lock Step Forward. Scuff.**
側下沉回復交叉(右, 左), 趾交換, 踵, 勾, 右前鎖步, 擦踢
- 1&2 Rock Right out to Right side. Recover weight on Left. Step Right Forward slightly across Left.
右足右下沉, 左足回復, 右足於左足略前交叉踏
- 3&4 Rock Left out to Left side. Recover weight on Right. Step Left Forward slightly across Right.
左足左下沉, 右足回復, 左足於右足略前交叉踏
- 5& Touch Right toe out to Right side. Touch Right toe beside Left.
右足趾右點, 右足趾併點

- 6& Touch Right heel forward. Hook Right heel across Left shin.
右足踵前點, 右足踵於左踝前交叉勾
- 7&8& Step forward on Right. Lock step Left behind Right. Step forward on Right. Scuff Left forward.
右足前踏, 左足於右足後鎖踏, 右足前踏, 左足前擦踢
- 第四段 Mambo 1/2 Turn Left. Right Shuffle 1/2 Turn Left. Sweep. Left Sailor Heel. & Right Cross Shuffle. Hitch.**
曼波左轉1/2, 右轉交換, 繞, 左水手踵點 踏 右交叉交換, 抬
- 1&2 Rock forward on Left. Rock back on Right. Make 1/2 turn Left stepping forward on Left.
左足前下沉, 右足後下沉, 左轉180度左足前踏
- 3&4 Right shuffle making 1/2 turn Left stepping Right. Left. Right.
右180度轉交換-右, 左, 右
- & Sweep Left Out and Around from Front to Back.
左足由前繞至後
- 5&6 Cross Left behind Right. Step Right beside Left. Dig Left heel Diagonally forward Left.
左足於右足後交叉踏, 右足併踏, 左足踵
- & Step ball of Left beside Right. 左足併踏
- 7&8 Cross step Right over Left. Step Left to Left side. Cross step Right over Left.
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- & Hitch Left knee up slightly across Right. (Facing 9 o'clock)
左膝於右足前抬(面向9點鐘)
- 第五段 Left Cross Shuffle. Side. Together. Back. Chasse 1/4 Turn Left. Scuff. 2x Toe Struts Forward.**
左交叉交換, 側, 併, 後, 左轉1/4追步, 擦踢, 二次前趾踵步
- 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. Step back on Right. 右足右踏, 左足併踏, 右足後踏
- 5&6 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left.
左足左踏, 右足併踏, 左轉90度左足前踏
- & Scuff Right forward. (Facing 6 o'clock)
右足前擦踢(面向6點鐘)
- 7&8& Step Right toe forward. Drop Right heel to floor. Step Left toe forward. Drop Left heel to floor.
右足趾前踏, 右足踵踏, 左足趾前踏, 左足踵踏
- 第六段 Mambo 1/2 Turn Right. Step. Pivot 1/4 Turn Right. Cross. Right Lock Step Back. Sweep. Behind & Cross.**
曼波右轉1/2, 踏, 右轉1/4, 交叉, 右後鎖步, 繞, 後 踏 交叉
- 1&2 Rock forward on Right. Rock back on Left. Make 1/2 turn Right stepping forward on Right.
右足前下沉, 左足後下沉, 右轉180度右足前踏
- 3&4 Step forward on Left. Pivot 1/4 turn Right. Cross step Left over Right. 左足前踏, 右軸轉90度, 左足於右足前交叉踏
- 5&6 Step back on Right. Lock step Left across Right. Step back on Right.
右足後踏, 左足於右足前鎖踏, 右足後踏
- & Sweep Left Out and Around from Front to Back.
左足由前繞至後
- 7&8 Cross Left behind Right. Step Right to Right side. Cross step Left over Right. (Facing 3 o'clock)
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向3點鐘)
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