

Let Me C It!!! (讓我瞧瞧!!!) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 0 墙数: 4 级数: Intermediate/Advanced
编舞者: Guyton Mundy (USA) & Will Craig (USA) - 2010年08月
音乐: Let Me C It (feat. Petey Pablo) - Get Cool : (CD: Step Up 3D)



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

A Pattern A部份 48拍

- 第一段** **Back Together, Hand In Front, Head Turn , Upper Body Turn, Lower Body Turn, Side Together, Triple Side**
後 併 手放前, 右看, 轉上半身 轉下半身, 側 併, 左追步
- 1&2& Step back on right, step together with left, bring hands up, just above waist line, with left over right and both palms facing down. look to Right
右足後踏, 左足併踏(雙手到胸前), (左手於右手上雙手掌向下), 向右看
- 3&4 turn upper body a 1/4 turn to the right, step right, then together with left brining lower body a 1/4 turn to right
(上半身右轉90度), 右足踏, 下半身右轉90度左足併踏
- 5-6 drop arms while stepping left to left, step right next to left
(雙手放下)左足左踏, 右足併踏
- 7&8 step left to left, step right next to left, step left to left
左足左踏, 右足併踏, 左足左踏
- 第二段** **Kick With Hook Behind With 1/2 Turn, Side Touch, Walk X2, Back, Back Sweep Out** 踢帶後勾轉, 側 點, 走走, 後 後 後帶繞
- 1-2 kick right foot forward and across left, hook right behind left as you make a half turn over right
右足於左足前交叉踢, 右足於左足後勾右轉180度
(as you swing your right foot around behind, let the motion turn your body around and end up with weight on right foot)
當右足擺至後, 轉動身體, 最後重心在右足
- 3-4 step left to left, touch right next to left 左足左踏, 右足併點
- 5-6 step forward on right, step forward on left
右足前踏, 左足前踏 (Boogie walk)
- 7&8 step back on right, step back on left, step back on right as you sweep left out to left with flexed foot
右足後踏, 左足後踏, 右足後踏左足略彎繞向左
- 第三段** **1/4 Turn, Back, Back With Sweep Out, X2, Triple Together, Big Step Forward, Together 1/4, 後 後 後帶繞 二次, 後 後 併, 前大步 併**
- 1&2 step back on left, step back on right, step back on left as you sweep right out to right with flexed foot, as you make a 1/4 turn to right,
左足後踏, 右足後踏, 左足後踏右足略彎繞向右轉90度
(you will be on the 12:00 wall) 面向12點鐘
- 3&4 step back on right step back on left, step back on right as you sweep left foot out to left side 右足後踏, 左足後踏, 右足後踏左足繞向左
- 5&6 step back on left, step together with right, step together with left 左足後踏, 右足併踏, 左足併踏
- 7-8 take a big step forward on right, take a small step forward on left
右足前一大步, 左足前併踏
- 第四段** **Step With Hand Hit On Knee, Hand Open With Step, Step With Hand Turn, Hand Pops, Together**
手放膝 手伸直右足踏 左前踏帶轉手, 手轉圈, 左 左 右 右, 臀 臀 併踏

- 1&2 (1)hitch right leg up as you bring your left hand to the back of your right hand both palms down and you hit the top of your right thigh with hands, 右足抬左手在右手上, 雙手掌面向下, 用雙手拍打右大腿
(&)step down and forward on right as hands extend forward and open up with right palm facing inward with finger tips pointing down and left palm facing outward and finger tips pointing up(like both wrist are attached and hands just fold open)
右足踏雙手伸向前, 右手掌面向內指尖向下, 左手掌面向外指尖向上(手腕合在一起, 雙手折疊打開)
(2)step slightly forward on left as you rotate hands clockwise, left finger tips pointing to right, right finger tips pointing to left. (do not change palm positions,
左足前踏, 雙手順時針旋轉, 左手掌向外指尖向右, 右手掌向內指尖向左
- 3-4 bring right hand up and around left hand one full time flipping right palm outward and setting back of right into palm of left
右手掌向外繞一圈與左手掌合併
- 5&6& (5)bring right arm out to right, bent at elbow with forearm going straight up, bent wrist with palm down and fingers pointing to left,
右手伸向右, 手肘彎向上伸直, 手腕彎, 指尖向左
(&)bring left arm out to left, bent at elbow with forearm going straight up, bent wrist with palm down and fingers pointing to left,
左手伸向左, 手肘彎向上伸直, 手腕彎指尖向左
(6)twist right hand to right, pointing fingers to right,
將右手指尖向右旋轉
(&)twist left hand to right, pointing fingers to right
將左手指尖向左旋轉
- 7&8 bring right hand down with fingers pointing into side of right hip, bring left hand down with fingers pointing into side of left hip, bring left foot back together with right as you drop hands to neutral
右手放下指尖指向右臀部, 左手於下指尖指向左臀部, 左足後併踏

第五段 Step, Heel Pops, Knee Pops, finger point left, Head Turn, 1/4 Turn Body Roll Together, Hold, Step, Step
踏 踵向右回, 踵抬回, 手指向左, 左看, 左1/4身體轉, 併, 候, 踏 併

- 1&2 step slightly forward on right, pop right heel out to right, bring back to neutral 右足略前踏, 右足踵向右彈, 轉回踏
- 8&3&4 pop right heel up with slightly bent knee, bring back to neutral , bent elbow and forefinger pointing to left, look to left
右足踵略抬, 轉回踏, 彎手肘右食指快速指向左, 向左看
- 5-6 make a 1/4 turn to left with a slight body roll, bring right foot to left 左轉90度轉動身體, 右足併踏
- 7&8 hold, step forward on right, step together with left
候, 右足前踏, 左足併踏

第六段 Kick Cross Rock, Recover, Kick Cross, Big Step Back, Coaster, Walk Walk With 1/4 Turn
踢 交叉 後下沉 回復, 踢 交叉 後大步, 海岸步, 轉1/4走 走

- 1&2& kick right foot forward, cross right over left, rock back on left, recover on right 右足前踢, 右足於左足前交叉踏, 左足後下沉, 右足回復
- 3&4 kick left foot forward, cross left over right, take a big step back on right 左足前踢, 左足於右足前交叉踏, 右足後一大步
- 5&6 step back on left, step together with right, step forward on left
左足後踏, 右足併踏, 左足前踏
- 7-8 make a 1/4 turn to the left as you walk forward right, left
左轉90度右足前走, 左足前走

B Pattern: 16 counts B部份, 16拍

第一段 Cross Rock Recover Scoot Side, Rocking Chair, Push, Push, Push, Down, Up 交叉下沉 回復 後跳 右踏, 搖椅步, 推推推 下上

- 1&2& cross rock right over left, recover on left, Scoot back on left, step right to right 右足於左足前交叉下沉, 左足回復, 左足後跳, 右足右踏
- 3&4& cross rock left over right, recover on right, rock back on left , recover on right 左足於右足前交叉下沉, 右足回復, 左足後下沉, 右足回復

5&6 cross rock left over right as you push knees slightly forward while coming up slightly on the balls of feet, push butt back as you come back flat foot with slightly bent back, push knees forward as you come up slightly on balls of feet
左足於右足前交叉下沉略前推雙膝, 臀後推, 膝前推
(during this part you should let your body get lower to the ground.....Or you can just push, push, push with no level change.)
建議做推的動作時讓身體跟著慢慢向下沉, 也可以只做推的動作, 身體高度維持不變

7-8 push butt back with bent knees on flat feet in a squatting position(or just give me a slightly bent back), jump out with feet apart
後推臀保持蹲的姿勢, 雙腳分開跳站立

第二段 Cross Step, Hook, Drop, Unwind Up, Back, Side Cross Side With 1/2 Turn, Step 交叉勾, 蹲, 繞轉立, 後, 右交叉右帶轉1/2, 踏

1-2 cross left over right, hook right foot behind left knee,
左足於右足前交叉踏, 右足於左膝後勾

Option 1: drop down to left and land on ball of right foot while it is hooked behind left knee 選擇版1: 左足踏, 右足於左膝後勾

Option 2: slide right foot down behind left onto ball of right
選擇版2: 右足於左足後滑併

3-4 (if option 1 was taken): Push up on right foot as you unwind a full turn to right while rising up from squatted position with weight ending on right (第一種跳法)右足踏由蹲到站立向右繞轉圈時, 最後重心放右足
(If option 2 was taken): unwind a full turn to the right with weight ending on right.(第二種跳法)右繞轉圈, 重心停在右足

5 step back on left 左足後踏

6&7 make a 1/4 turn to right as you step right to right side, cross left over right, make a 1/4 turn to right as you step forward on right
右轉90度右足右踏, 左足於右足前交叉踏, 右轉90度右前踏

8 step forward on left 左足前踏

TAG 加拍

第一段 Hitch, Step Back X4 抬後踏四次

1-2 hitch right knee up, step back on right 右膝抬, 右足後踏

3-4 hitch left knee up, step back on left 左膝抬, 左足後踏

5-6 hitch right knee up, step back on right 右膝抬, 右足後踏

7-8 hitch left knee up, step back on left 左膝抬, 左足後踏

第二段 Hitch, Step Forward X2, Walks 抬踏二次, 走步四次

1-2 hitch right knee up, step forward on right 右膝抬, 右足前踏

3-4 hitch left knee up, step forward on left 左膝抬, 左足前踏

5-8 walk forward with attitude right, left, right, left
前走步-右, 左, 右, 左
