

We're So Glamorous (魅力一族) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Improver
编舞者: Niels Poulsen (DK) - 2008年04月
音乐: Glamorous - Natalia : (CD: Everything & More)



前奏 : Intro: 16 count intro from first beat in music, app. 9 secs. into music

第一段 **Step fw L, R heel fw, back R, point L back, REPEAT**
左前踏, 右前點, 右後, 左後點, 重覆

1 – 2 Step fw L, touch R heel fw [12:00]
左足前踏, 右足踵前點(面向12點鐘)

3 – 4 Step back on R, point L foot back [12:00]
右足後踏, 左足後點(面向12點鐘)

5 – 6 Step fw L, touch R heel fw [12:00]
左足前踏, 右足踵前點(面向12點鐘)

7 – 8 Step back on R, point L foot back [12:00]
右足後踏, 左足後點(面向12點鐘)

第二段 **Side rock cross X3, turn ¼ L, side L**
側交叉下沉三次, 左1/4, 左側

1&2 Rock L to L side, recover weight to R foot, cross L over R [12:00]
左足左下沉, 右足回復, 左足於右足前交叉踏(面向12點鐘)

3&4 Rock R to R side, recover weight to L foot, cross R over L [12:00]
右足右下沉, 左足回復, 右足於左足前交叉踏(面向12點鐘)

5&6 Rock L to L side, recover weight to R foot, cross L over R [12:00]
左足左下沉, 右足回復, 左足於右足前交叉踏(面向12點鐘)

7 – 8 Turn ¼ L stepping back on R, step L to L side [9:00]
左轉90度右足後踏, 左足左踏(面向9點鐘)

第三段 **3 walks fw, rock fw L, recover, 3 walks back, side R**
三個前走, 左足前下沉, 回復, 三個後走, 右踏

1 – 2 Walk fw R, walk fw L [9:00]
右足前走, 左足前走(面向9點鐘)

3 – 4& Walk fw R, rock fw L, recover weight to R [9:00]
右足前走, 左足前下沉, 右足回復(面向9點鐘)

5 – 6 Walk back L, walk back R [9:00]
左足後走, 右足後走(面向9點鐘)

7 – 8 Walk back L, step R to R side [9:00]
左足後走, 右足右踏(面向9點鐘)

第四段 **Cross rock side, cross rock side, full circle L**
側交叉下沉, 側交叉下沉, 左轉圈

1&2 Cross rock L over R, recover R, step L to L side [9:00]
左足於右足前交叉下沉, 右足回復, 左足左踏(面向9點鐘)

3&4 Cross rock R over L, recover L, step R to R side [9:00]
右足於左足前交叉下沉, 左足回復, 右足右踏(面向9點鐘)

5 – 6 Turn L and start walking L R in a semi circle (turning ¼ L with each walk) [3:00] 左轉90度左足踏, 左轉90度右足踏(面向3點鐘)

7 – 8 Complete your full turn walking around L R in a semi-circle (counts 5-8 form a full circle L) [9:00]
左轉90度左足踏, 左轉90度右足踏(面向9點鐘)

TAG: After wall 7, facing 3:00: Repeat the last 4 counts and restart dance (Don't get dizzy! Look up...) 9:00 第七面牆面向3點鐘時重覆跳最後4拍轉圈

Note: After wall 10, facing 6:00, there's a short break in the music but just continue dancing! I've choreographed this dance as a floor-split to Francien Sittrop's mega popular dance 'So Glamorous', but it works incredibly well to other funky tracks (see examples above) 跳至第十面牆面向6點鐘時, 音樂會有很短的拖拍
這首舞曲是擷取So Glamorous
