

We Believe (我相信) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK) - 2009年02月
音乐: Rivers of Gold - Fame : (CD: Best Of Fame Factory)



前奏 : 32 Count Intro 32拍後開始起跳

- 第一段** **Side Left. Right Touch-Ball-Cross. Side Right. Cross. Unwind 1/2 Turn Left. Right Cross Shuffle**
左側, 右點-踏-交叉, 右側, 交叉, 繞左轉1/2, 右交叉交換
- 1 Step Left to Left side. 左足左踏
- 2&3 Touch Right toe beside Left. Step ball of Right to Right side. Cross step Left over Right. 右足趾併點, 右足右踏, 左足於右足前交叉踏
- 4 Long step Right to Right side. 右足右一大步
- 5-6 Cross Left behind Right. Unwind 1/2 turn Left – bending knees slightly. (Weight on Left) 左足於右足後交叉踏, 略彎膝左繞轉180度(重心在左足)
- 7&8 Cross step Right over Left. Step Left to Left side. Cross step Right over Left. (6 o'clock)
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向6點鐘)
- 第二段** **Side Left. Right Touch-Ball-Cross. Side Right. Cross. Unwind 3/4 Turn Left. Right Shuffle Forward**
左側, 右點-踏-交叉, 右側, 交叉, 左繞轉3/4, 右前交換
- 1 Step Left to Left side. 左足左踏
- 2&3 Touch Right toe beside Left. Step ball of Right to Right side. Cross step Left over Right. 右足趾併點, 右足右踏, 左足於右足前交叉踏
- 4 Long step Right to Right side. 右足右一大步
- 5-6 Cross Left behind Right. Unwind 3/4 turn Left – bending knees slightly. (Weight on Left) 左足於右足後交叉踏, 左略彎膝繞轉270度(重心在左足)
- 7&8 Right shuffle forward stepping Right. Left. Right. (9 o'clock)
前交換-右, 左, 右(面向9點鐘)
- 第三段** **Forward Rock. Left Coaster Cross. Modified Monterey 1/2 Turn Right**
前下沉, 左海岸交叉, 右蒙特瑞轉
- 1-2 Rock forward on Left. Rock back on Right.
左足前下沉, 右足後下沉
- 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
- 5-6 Touch Right toe out to Right side. Make 1/2 turn Right stepping Right beside Left. (3 o'clock) 右足趾右點, 右轉180度右足併踏(3點鐘)
- 7&8 Touch Left toe out to Left side. Step ball of Left beside Right. Step Right to Right side. 左足趾左點, 左足併踏, 右足右踏
- 第四段** **Cross Rock. Chasse Left. Cross Rock. 1/4 Turn Right. 1/2 Turn Right** 交叉下沉, 左追步, 交叉下沉, 右1/4, 右1/2
- 1-2 Cross rock Left over Right. Rock back on Right.
左足於右足前交叉下沉, 右足後下沉
- 3&4 Step Left to Left side. Close Right beside Left. Step Left to Left side. 左足左踏, 右足併踏, 左足左踏
- 5-6 Cross rock Right over Left. Rock back on Left.
右足於左足前交叉下沉, 左足後下沉
- 7-8 Make 1/4 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left. 右轉90度右足前踏, 右轉180度左足後踏
- 第五段** **Back Rock. Right Kick-Ball-Step Forward. Diagonal Rock Step. Right Sailor Step** 後下沉, 右踢交換前踏, 斜線下沉, 右水手
- 1-2 Rock back on Right. Rock forward on Left. (12 o'clock)
右足後下沉, 左足前下沉(面向12點鐘)
- 3&4 Kick Right forward. Step ball of Right beside Left. Step forward on Left. 右足前踢, 右足併踏, 左足前踏

- 5-6 Rock Right Diagonally forward Right – pushing hips forward. Recover weight on Left. 右足右斜角線前下沉前推臀, 左足回復
- 7&8 Cross Right behind Left. Step Left beside Right. Step Right to Right side. 右足於左足後交叉踏, 左足併踏, 右足右踏

第六段 Cross Samba (Left & Right) – Travelling Forward. Forward Rock. Left Shuffle 1/2 Turn Left 交叉森巴(左&右)-往前移動, 前下沉, 左1/2交換

- 1&2 Cross step Left forward over Right. Step Right to Right side. Step Left slightly forward. 左足於右足前交叉踏, 右足右踏, 左足略前踏
- 3&4 Cross step Right forward over Left. Step Left to Left side. Step Right slightly forward. 右足於左足前交叉踏, 左足左踏, 右足略前踏
- 5-6 Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復
- 7&8 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (6 o'clock) 左轉180度交換步-左, 右, 左(面向6點鐘)

第七段 Cross Samba (Right & Left) – Travelling Forward. Forward Rock. Triple Step 3/4 Turn Right.交叉森巴(右&左)-往前移動, 前下沉, 小三步右轉3/4

- 1&2 Cross step Right forward over Left. Step Left to Left side. Step Right slightly forward. 右足於左足前交叉踏, 左足左踏, 右足略前踏
- 3&4 Cross step Left forward over Right. Step Right to Right side. Step Left slightly forward. 左足於右足前交叉踏, 右足右踏, 左足略前踏
- 5-6 Rock forward on Right. Rock back on Left. 右足前下沉, 左足回復
- 7&8 Right triple step (on the spot) making 3/4 turn Right stepping Right. Left. Right. (3 o'clock) 原地小三步右轉270度-右, 左, 右(面向3點鐘)

第八段 Forward Rock. Left Lock Step Back. Touch Back. Reverse Pivot 1/2 Turn Right. Behind & Cross 前下沉, 左後鎖步, 後點, 右轉1/2, 後&交叉

- 1-2 Rock forward on Left. Rock back on Right. 左足前下沉, 右足回復
- 3&4 Step back on Left. Lock step Right across Left. Step back on Left. 左足後踏, 右足於左足前鎖踏, 左足後踏
- 5-6 Touch Right toe back. Reverse pivot 1/2 turn Right. (Weight on Left) (Right toe is now forward) 右足趾後點, 右轉180度(重心在左足, 右足趾轉後變向前)
- 7&8 Sweep Right out and around behind Left. Step Left to Left side. Cross step Right over Left. (9 o'clock) 右足繞至後踏, 左足左踏, 右足於左足交叉踏(面向9點鐘)

Ending: Music ends at the End of Wall 7 (Facing 3 o'clock) ... Make 1/4 turn Left stepping forward on Left and Hold!!!!!! (Facing 12 o'clock Wall)

結束：音樂結束時在第七面牆面向3點鐘方向, 加做左轉90度左足前踏, 候(面向12點鐘)
