

Written In The Stars (寫在星星上) (zh)

COPPER KNOB
STYRENE

拍数: 0 墙数: 2 级数: Intermediate/Advanced
编舞者: Shaz Walton (UK) - 2010年09月
音乐: Written In the Stars (feat. Eric Turner) - Tinie Tempah



前奏: 32 count Intro 32拍後起跳

Section A – 32 counts A 部份 32拍

第一段 Stomp. Step. Stomp. Step. Double stomp. Coaster step. Hitch. Step. Drag. Lock. Step. Side.
重踏併重踏併, 雙重踏, 海岸步, 抬, 踏, 拖, 鎖, 踏

1&2& Stomp right across left. step right beside left. stomp left across right. Step left beside right.
右足於左足前交叉重踏, 右足併踏, 左足於右足前重踏, 左足併踏

3&4 Stomp right across left. hitch right slightly. Stomp right across left. 右足於左足前交叉重踏, 右膝略抬, 右足於左足前交叉重踏

In this section the stomps have NO weight.... just make them fierce!
重踏沒有帶重心, 只是強調那個重踏的動作

5&6 Step back right. Step back left. step forward right.
右足後踏, 左足後踏, 右足前踏

&7 Hitch left knee. Step a big step forward on left dragging right up to left. 左膝抬, 左足前一大步右足拖併

8&1 Lock right behind left. step forward left. step right to right side.
右足於左足後鎖踏, 左足前踏, 右足右踏

第二段 Rock back. Recover. Forward hip pushes. Kick. ¼ . rock. Recover. Coaster step. 後下沉 回復, 斜推臀二次, 踢, 1/4, 下沉 回復, 海岸步

2& Rock back left. Recover right. 左足後下沉, 右足回復

3-4 Step left to left diagonal as you push your hips forward to diagonal twice. (weight ends left) 左足左斜角推臀二次(結束重心在左足)

5&6& Pushing off on left foot -kick right forward. Make ¼ right as you step right forward. Rock forward left. recover right.
左足推右足前踢, 右轉90度右足前踏, 左足前下沉, 右足回復

7&8 Step back left. step back right. Step forward left.
左足後踏, 右足後踏, 左足前踏

第三段 Side. Rock. Recover. pump. Pump. Side. Rock. Recover. Push. ¼.
右, 後下沉 回復, 推臀, 推臀, 右, 後下沉 回復, 推 1/4

1-2& Step right to right side. Rock back left. Recover right.
右足右踏, 左足後下沉, 右足回復

3-4 Step left to side as you pump hips to left diagonal x2. (Weight left)
左足左踏左推臀二次(重心在左足)

5-6& Step right to right side. Rock back left. Recover right.
右足右踏, 左足後下沉, 右足回復

7-8 Push hips to left diagonal. Make ¼ right (weight right)
左足斜角推臀, 右轉90度(重心在右足)

第四段 Syncopated rocking chair. Scuff. Hitch ¼ step. Rock back. Recover. Side. Behind. ¼. Step. ½. Step.
變奏搖椅步, 擦踢, 抬 1/4 左, 後下沉 回復 右後, 1/4 踏 轉 踏

1&2& Rock forward left. recover right. Rock back left. recover right.
左足前下沉, 右足回復, 左足後下沉, 右足回復

3&4 Scuff left forward. Make ¼ right as you hitch left to left side. Step left to left side. 左足前擦踢, 右轉90度左足抬向左, 左足左踏

5&6& Rock back right. Recover left. step right to right side. Cross left behind right. 右足後下沉, 左足回復, 右足右踏, 左足於右足後踏

7&8& Make ¼ right stepping right forward. Step forward left. pivot ½ right. Step left forward.
右轉90度右足前踏, 左足前踏, 右軸轉180度, 左足前踏

Section B – 32 counts B部份 32拍

第一段 Side. Rock recover. Side. Coaster step. Step. Pivot. Step. Full turn. ¼ side. 右, 後下沉 回復, 左, 海岸步, 踏 轉 踏, 轉 轉 1/4

1-2&3 Step right to Side. Rock back. Recover. Step left to left.
右足右踏, 左足後下沉, 右足回復, 左足左踏

4&5 Step back right. Step back left. step forward right.
右足後踏, 左足後踏, 右足前踏

6&7 Step forward left. ½ right. Step forward left.
左足前踏, 右轉180度, 左足前踏

8&1 ½ turn left stepping back right. ½ turn left stepping left forward. ¼ left stepping right to right side.
左轉180度右足後踏, 左轉180度左足前踏, 左轉90度右足右踏

第二段 Rock. Recover. Sway. Syncopated shoulder sways. Slow drag. ¼. lock step. 後下沉 回復 擺肩, 擺肩三次, 慢拖 1/4前鎖步

2&3 Rock back left. recover right. Step left to left as you sway to left.
左足後下沉, 右足回復, 左足左踏左擺臀

4&5 Recover to right as you sway shoulders right- left. sway to right as you step to right (large step)
右足回復右擺肩, 左擺肩, 右足右一大步右擺肩

6-7 Slowly drag left to right as you raise/hitch left.
左足慢拖拚, 左足抬

8&8 Make ¼ left stepping left forward. Lock right behind left. step left forward 左轉90度左足前踏, 右足於左足後鎖踏, 左足前踏

第三段 Stomps with bends x2. Coaster step. Scuff/kick. ½. Kick back. Rock. Recover. Sailor step. 彎膝重踏二次, 海岸步, 踢 1/2 後踢, 後下沉 回復, 水手步

1-2 As you bend you knees stomp Right to right. Stomp left to left.
彎膝右足右重踏, 左足左重踏

3&4 Step back right. Step back left. step forward right.
右足後踏, 左足後踏, 右足前踏

8&5 Scuff/kick left forward. Make ½ turn right as you step left down and kick right back. 左足前踢, 右轉180度左足踏右足後踢

6-7 Rock back on right. Recover on left. 右足後下沉, 左足回復

8&1 Cross right behind left. Step left to left. step right to right.
右足於左足後交叉踏, 左足左踏, 右足右踏

第四段 Sailor ¼ . Sailor ¼. Step. Pivot. Step. 1/4轉水手, 1/4轉水手, 踏 轉 踏

2&3 Sailor step ¼ right. 右90度轉水手

4&5 Sailor step ¼ left. 左90度轉水手

6-7-8 Step forward left. pivot ½ right. Step forward left.
左足前踏, 右軸轉180度, 左足前踏

16 count tag 16拍加拍

Stomp. Step. Stomp. Step. Double stomp. Coaster step. Hitch. Step. Drag. Lock. Step. Side. 重踏 併 重踏 併, 雙重踏, 海岸步, 抬, 踏, 拖, 鎖, 踏

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- &7 Hitch left knee. Step a big step forward on left dragging right up to left. 左膝抬, 左足前一大步右足拖併
- 8& Lock right behind left. step forward left. 右足於左足後踏, 左足前踏

Stomps with bends x2. Coaster step. Scuff/kick. ½. Kick back. Rock. Recover. Step. ½
彎膝重踏二次, 海岸步, 踢, 1/2, 後踢, 下沉 回復, 踏 轉

- 1-2 As you bend you knees stomp Right to right. stomp left to left.
彎膝右足右重踏, 左足左重踏
- 3&4 Step back right. Step back left. step back right.
右足後踏, 左足後踏, 右足後踏
- &5 Scuff/kick left forward. Make ½ turn right as you step left down and kick right back. 左足前踢, 右轉180度左足踏右足後踢
- 6-7 Rock back on right. Recover on left. 右足後下沉, 左足回復
- 8& Step forward right. Make a sharp ½ left (weight left)
右足前踏, 左轉180度重心在左足
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