

A Little Crazy (要瘋了) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Niels Poulsen (DK) - 2006年08月
音乐: Crazy - Gnarl's Barkley



前奏 : 4 count intro (3 secs intro track)

第一段 **Walk Forward R, L, Step 1/2 Turn L, Walk Forward R, L, 1/4 Turn L**
走走, 踏轉, 走走, 踏 1/4

- 1-2 Walk forward R, L 右足前走, 左足前走
3-4 Step forward R, turn 1/2 L (weight on L) (facing 6:00)
右足前踏, 左轉180度(重心在左足)(面向6點鐘)
5-6 Walk forward R, L 右足前走, 左足前走
7-8 Step forward R, turn 1/4 L (weight on L) (facing 3:00)
右足前踏, 左轉90度(重心在左足)(面向3點鐘)

第二段 **Cross, Side, Cross Rock Side, Cross Rock Side, Cross Rock 1/4 Turn R**
交叉, 側踏, 交叉曼波, 交叉曼波, 交叉曼波轉1/4

- 1-2 Cross walk R over L, step L to L side
右足於左足前交叉踏, 左足左踏
3&4 Cross rock R over L, recover weight back to L, step R to R side
右足於左足前交叉下沉, 左足回復, 右足右踏
5&6 Cross rock L over R, recover weight back to R, step L to L side
左足於右足前交叉下沉, 右足回復, 左足左踏
7&8 Cross rock R over L, recover weight back to L, turn 1/4 turn R stepping forward on R (facing 6:00)
右足於左足前交叉下沉, 左足回復, 右轉90度右足前踏(面向6點鐘)

第三段 **Walk Forward L R, Step Lock Step, Point & Point & Point Hitch Cross**
走走, 前鎖步, 點收點收, 點 抬 交叉

- 1-2 Walk forward on L, R 左足前走, 右足前走
3&4 Step forward on L, lock R behind L, step forward on L
左足前踏, 右足於左足後鎖踏, 左足前踏
5&6& Point R to R side, bring R next to L, point L to L side, bring L next to R 右足右點, 右足併踏, 左足
左點, 左足併踏
7&8 Point R to R side, hitch R knee, cross R over L foot (facing 6:00)
右足右點, 右膝抬, 右足於左足前交叉踏(面向6點鐘)

第四段 **Step, Heel Touch, Step, Heel Touch, Side L, Close, Chasse 1/4 Turn L**
踏 踵點, 踏 踵點, 左踏 併踏, 追步轉1/4

- 1-2 Step L to L side, cross touch R heel over L foot
左足左踏, 右足踵於左足前交叉點
3-4 step R to R side, cross touch L heel over R foot
右足右踏, 左足踵於右足前交叉點
5-6 step L to L side, bring R next to L
左足左踏, 右足併踏
7&8 step L to L side, bring R next to L, turn 1/4 L stepping forward on L (facing 3:00) 左足左踏, 右足併
踏, 左轉90度左足前踏