

Are We Human? (凡人歌) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Niels Poulsen (DK) - 2009年01月
音乐: Human - The Killers : (CD: Day & Age)



前奏 : 16 counts from first beat, on vocal (app. 7 secs into track). Start with weight on L foot

第一段 Walk R L, R Kick Ball Change, R Rock Fw, ½ Shuffle R 走步-右, 左, 右踢交叉交换, 右前下沉, 右1/2转交换

1-2 Walk fw R, walk fw L [12:00]
走走 右足前走, 左足前走(面向12点钟)

3&4 Kick R fw, bring R next to L, change weight to L [12:00]
Kick ball change 右足前踢, 右足併踏, 重心移回左足(面向12点钟)

5-6 Rock fw on R, recover weight back on L [12:00]
下沉回復 右足前下沉, 重心回復到左足(面向12点钟)

7&8 Turn ¼ R stepping R to R side, bring L next to R, turn ¼ R stepping R fw [6:00] 右轉90度右足右踏, 左足併踏, 右轉90度右足前踏(6点钟)

第二段 Walk L R, L Kick Ball Change, L Rock Fw, ¼ L Chasse 走步-左, 右, 左踢交叉交换, 左前下沉, 1/4左追步

1-2 Walk fw L, walk fw R [6:00]
走走 左足前走, 右足前走(面向6点钟)

3&4 Kick L fw, bring L next to R, change weight to R [6:00]
Kick ball change 左足前踢, 左足併踏, 重心移至右足(面向6点钟)

5-6 Rock L fw, recover weight to R [6:00]
下沉回復 左足前下沉, 右足回復(面向6点钟)

7&8 Turn ¼ L stepping L to L side, bring R next to L, step L to L side [3:00] 左轉90度左足左踏, 右足併踏, 左足左踏(面向3点钟)

第三段 Cross, Side, Sailor Step, Cross, Side, Coaster ¼ L 交叉, 側, 水手步, 交叉, 側, 左1/4海岸步

1-2 Cross R over L, step L to L side [3:00]
交叉側踏 右足於左足前交叉踏, 左足左踏(面向3点钟)

3&4 Cross R behind L, step L to L side, step R to R side [3:00]
水手步 右足於左足後交叉踏, 左足左踏, 右足右踏(面向3点钟)

5-6 Cross L over R, step R to R side [3:00]
交叉側踏 左足於右足前交叉踏, 右足右踏(面向3点钟)

7&8 Turn ¼ L stepping back on L, close R next to L, step fw on L [12:00]
轉海岸 左轉90度左足後踏, 右足併踏, 左足前踏(面向12点钟)

第四段 R Rock Fw, Triple ¾ R, L Rock Fw, L Coaster Step 右足前下沉, 右3/4小三步, 左前下沉, 左海岸步

1-2 Rock fw on R, recover weight to L [12:00]
下沉回復 右足前下沉, 左足回復(面向12点钟)

3&4 Turn ½ R stepping fw on R, bring L next to R, turn ¼ R stepping fw on R [9:00] 右轉180度右足前踏, 左足併踏, 右轉90度右足前踏(9点钟)

5-6 Rock fw on L, recover weight on R [9:00]

下沉回復 左足前下沉, 右足回復(面向9點鐘)

7&8 Step back on L, bring R next to L, step fw on L (or full triple turn L stepping L R L) [9:00]

海岸步 左足後踏, 右足併踏, 左足前踏(或小三步轉圈-左, 右, 左)(9點鐘)
