

Anywhere (無能為力) (zh)

COPPER KNOB
BY STEPHEN B. BROWN

拍数: 32 墙数: 4 级数: Improver
编舞者: John Whipple (USA) & Phyllis Whipple (USA)
音乐: I Can't Take You Anywhere - Toby Keith



第一段 Back Step, Back Break, Locking triple, Chase Turn, Turning Triple 後踏, 後回復, 小三步鎖步, 追併轉, 小三步轉

- 1-3 Step back with left foot, Back Break with right foot, Recover to left foot 左足後踏, 右足後踏, 重心回復左足
- 4&5 Step forward right, Locking left foot behind right, Step forward right 向前交換步 (右左右)
- 6-7 Step forward preparing for chase turn, Pivot on balls of both feet for ½ right turn 前踏右後轉
- 8&1 Turn ¼ turn right taking a side step with left foot, Cross right foot over left, Turn ¼ turn right stepping back on left
左足側踏右轉90度, 右足交叉左足前, 左足後踏右轉90度

第二段 Back Break, Triple Twinkles 後回復, 小三步華士步2次

- 2-3 Break back on right, Recover to left foot
左足後踏, 左足回復
- 4&5 Step diagonally forward with right foot across the left, Step side to the left with left, Step right foot beside left foot
右足交叉於左足前踏, 左足靠並, 右足踏並
- 6&7 Step diagonally forward with left foot, crossing over right, Step side to the right with right foot, Step left foot beside the right foot 左足交叉於右足前踏, 右足靠並, 左足踏並
- 8&1 Step diagonally forward with right foot across the left, Step side to the left with the left, Step right foot beside left foot
右足交叉於左足前踏, 左足靠並, 右足踏並

第三段 Forward Break Step, ¼ Turn, Side Basic, Break Step, Cucaracha 前回復, 轉1/4, 側交換, 回復步, 側-回復-併

- 2-3 Break forward with left foot, Recover to right foot
左足前踏, 右足回復
- 4&5 Rotate ¼ to left and step side with left, Step right beside left, Step side with left to the left 左轉90度左側交換步
- 6-7 Break forward with right foot, Recover to the left foot
右足前踏, 左足回復
- 8&1 Side break to the right with right foot, Recover to the left foot, Step Right foot beside left 右足右踏, 左足回復, 右足在左足旁踏

第四段 Cucaracha, Side Basic, Forward Break, Back Lock Back 側-回復-併, 側交換, 前回復, 後鎖步

- 2&3 Side break to the left with left foot, Recover to the right foot, Step left foot beside right 左足左踏, 右足回復, 左足在右足旁踏
- 4&5 Step side to right with right foot, Step left beside right, Step side to right with right foot 右足右踏, 左足在右足旁踏, 右足右踏
- 6-7 Break forward with left foot, Recover to the right foot
左足前踏, 右足回復
- 8&1 Step back on left, Lock in front with right
向後鎖步 (左足後踏, 右足交叉於左足前踏, 接第一段第一拍)

