

Always Be My Baby (永遠的寶貝) (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Always Be My Baby - David Cook



前奏: 4 COUNTS INTRO 4拍後起跳

- 第一段** **Rock Recover, Weave, Step Back Rock, Step Back Rock**
下沉回復, 藤步, 踏後下沉, 踏後下沉
- 1-2 Cross rock right over left (1), Recover weight onto left(2)
右足於左足前交叉下沉, 左足回復
- &3&4 Step right to right (&), cross left over right(3), step right to right (&), cross left back of right(4)
右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏
- &5 Step right to right (&), cross left over right(5)
右足右踏, 左足於右足前交叉踏
* Put both hands to respective side with palm facing down(5)
雙手擺兩側, 手掌向下
- 6&7 Step right to right(6), rock left back or right(&), recover weight onto right(7) 右足右踏, 左足於右足後下沉, 右足回復
- &8& Step left to left(6), rock right back or left(&), recover weight onto left(7) 左足左踏, 右足於左足後下沉, 左足回復
- 第二段** **¼ Point Drag, Side Shuffle, Rock ½ Turn Recover, Coaster Step Hook 轉1/4點拖, 側交換, 轉1/2下沉回復, 海岸步勾**
- 1-2 Making ¼ left point right to right(1), drag right beside left (2) 左轉90度右足右點, 右足拖併點
Bring right hand up above head with fingers apart (1), Bring hand down towards chest clenching fist
第1拍右手向上舉, 第2拍手放下來
- 3&4 Step right to right(3), step left beside right(&), step right to right(4) 右足右踏, 左足併踏, 右足右踏
- 5& Rock left forward (5), recover weight onto right(&)
左足前下沉, 右足回復
- 6& Making ½ turn left rock left forward(6), recover weight onto right (&) 左轉180度左足前下沉, 右足回復
- 7&8& Step left back(7), step right beside left (&), step left forward(8) hook right behind left(&)
左足後踏, 右足併踏, 左足前踏, 右足於左足後勾
- 第三段** **¼ Kick Point, Twists, Rock Recover Step Drag, Coaster 轉1/4踢點, 旋轉二次, 下沉回復踏拖, 海岸步**
- 1-2 Making ¼ left twist and kick right to right(1), touch right behind left(2) 左轉90度右足右踢, 右足於左足後點
- 3-4 Twist ½ turn right (3), twist back ½ turn left(4) (weight on left) 雙足右轉180度, 雙足左轉回180度(重心在左足)
- 5&6 Rock forward on right(5), recover weight onto left(&), long step right back drag left towards right
右足前下沉, 左足回復, 右足後一大步左足拖併
- 7&8 Step left back (7) step right beside left (&), step left forward(8) 左足後踏, 右足併踏, 左足前踏
- 第四段** **¼ Cross, Unwind, Rolling Full Turn, Rock Back Slide, Rock Back Slide 1/4交叉, 繞轉, 轉圈, 下沉後滑, 下沉後滑**
- &1-2 Making ¼ left step right to right(&), cross left over right(1), unwind ½ right(2)(weight on right)
左轉90度右足右踏, 左足於右足前交叉踏, 右繞轉180度(重心在右足)
* on count of 2 prep yourself to do the turn on counts 3&4
第2拍準備下面3&4的轉圈
- 3&4 Making ¼ left step left forward(3) ,making ¼ left step right to right (&), making ½ turn left step left to left
左轉90度左足前踏, 左轉90度右足右踏, 左轉180度左足左踏
- 5&6 Rock right back of left(5), recover weight onto left(&), long step right to right dragging left towards right
右足後下沉, 左足回復, 右足右一大步左足拖併
- 7&8 Rock left back to left (7), recover weight onto right (&), long step left to left dragging right towards left.
左足後下沉, 右足回復, 左足左一大步右足拖併

TAGS AFTER 1st wall do a 4 count sway right, left, right, left.

第一面牆加4拍擺臀-右, 左, 右, 左

AFTER 2nd and 6th wall do 7 count head roll anti clock wise starting from looking down(1-7) look up count 8

第二面牆及第六面牆加8拍, 先頭部逆時針轉動7拍到頭向下的位置, 第8拍抬起

Put both hands at the back holding each other 雙手交叉放在後面
