

Mama's Words (媽媽的話) (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Henry Costa (USA) - 2008年02月
音乐: Listen to Mom (聽媽媽的話) - Jay Chou (周杰倫) : (CD: Still Fantasy - 依然范特西)



前奏 : 2 X 8 拍 16拍起跳

第一段 **SIDE, TOGETHER, SIDE, TOGETHER, RIGHT SIDE SHUFFLE, CROSS, SIDE, BACK, CROSS** 側, 併, 側, 併, 右側交換步, 交叉, 側, 後, 交叉

1-4 Step side RIGHT, step LEFT next RIGHT, step Side RIGHT, step LEFT next RIGHT 右足側踏, 左足併踏, 右足側踏, 左足併踏

(Optional arm movements: as you step side right, Wave left hand across the top of head, just past right Of head: arm slightly bent. Back to left when step next to starting foot. Think of arm waving side to side at a concert!)
在頭上搖擺左手到頭右邊, 手臂微微彎曲, 下一拍手臂回到左邊原位

5 & 6 (Right Side Shuffle) Step side RIGHT, slide LEFT Next to RIGHT, step side RIGHT (arm now at side)
(右側交換步)右足側踏, 左足併踏, 右足側踏

7&8& Cross LEFT in front of RIGHT, step side RIGHT, Step back LEFT (Slightly back past RIGHT), Cross RIGHT in front of LEFT (weight on RIGHT)
左足於右足前交叉踏, 右足側踏, 左足後踏, 右足於左足前交叉踏

第二段 **SIDE, TOGETHER, SIDE, TOGETHER, LEFT SIDE SHUFFLE, CROSS, SIDE, BACK, CROSS** 側, 併, 側, 併, 左側交換步, 交叉, 側, 後, 交叉

1-4 Step side LEFT, step RIGHT next LEFT, step Side LEFT, step RIGHT next LEFT 左足側踏, 右足併踏, 左足側踏, 右足併踏

(Optional arm movements: as you step side left, Wave right hand across the top of head, just past left of head: arm slightly bent . Back to right when step next to starting foot. Think of arm waving side to side at a concert!)
在頭上搖擺右手到頭左邊, 手臂微微彎曲, 下一拍手臂回到右邊原位

5 & 6 (Left Side Shuffle) Step side LEFT, slide RIGHT Next to RIGHT, step side LEFT (arm now at side)
(左側交換步)左足側踏, 右足併踏, 左足側踏

7&8& Cross RIGHT in front of LEFT, step side LEFT, Step back RIGHT (Slightly back past LEFT), Cross LEFT in front of RIGHT (weight on LEFT)
右足於左足前交叉踏, 左足側踏, 右足後踏, 左足於右足前交叉踏

第三段 **LONG STEP SIDE RIGHT, SLIDE TOUCH LEFT NEXT TO RIGHT, 1/4 LEFT SIDE SHUFFLE, LONG STEP SIDE RIGHT, 1/4 LEFT SIDE SHUFFLE**
向右一大步, 側點, 1/4左側交換步, 向右一大步, 1/4左側交換步

1-2 Long step side RIGHT, slide LEFT toe touch next to RIGHT
右足向右一大步, 左足趾併點

3&4 (1/4 turn Left side shuffle to left) Step Left 1/8 turn to left,Slide RIGHT next to LEFT to continue the turn, Step side LEFT 1/8 of turn to complete 1/4 turn
(左轉1/4側交換步)左足左轉1/8, 右足滑併踏, 左足左轉1/8

5-6 Long step side RIGHT, slide LEFT toe touch next to RIGHT
右足向右一大步, 左足趾併點

7&8 (1/4 turn Left side shuffle to left) Step Left 1/8 turn to left,Slide RIGHT next to LEFT to continue the turn, Step side LEFT 1/8 of turn to complete 1/4 turn (weight on LEFT)
(左轉1/4側交換步)左足左轉1/8, 右足滑併踏, 左足左轉1/8

第四段 **45 DEGREE ANGLE RIGHT SHUFFLE FORWARD, 45 DEGREE ANGLE LEFT FORWARD SHUFFLE, SKATE STEP RIGHT ANGLE FORWARD, SKATE STEP LEFT ANGLE FORWARD**
右45度前交換, 左45度前交換, 右前滑冰, 左前滑冰

1&2 (RIGHT 45 Degree angle/ Right shuffle forward) Step forward RIGHT,Slide LEFT forward next to RIGHT, step forward RIGHT
(右45度角/右前交換步)右足前踏, 左足滑併踏, 右足前踏

- 3&4 (LEFT 45 Degree angle/ LEFT shuffle forward) Step forward LEFT, Slide RIGHT forward next to LEFT, step forward LEFT
(左45度角/左前交換步)左足前踏, 右足滑併踏, 左足前踏
- 5-6 (Right skate step forward) Slide RIGHT forward (turning body Slightly To right), slide touch LEFT toe next to RIGHT
(右滑冰步)右足滑向前(身體略向右方)左足趾滑併點
- 7-8 (Left skate step forward) Slide LEFT forward (turning body Slightly To left), slide touch RIGHT toe next to LEFT (weight on LEFT)
(左滑冰步)左足滑向前(身體略向左方)右足趾滑併點(重心在左足)
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