

# Makin' Friends (以舞會友) (zh)

COPPER KNOB  
STYLEDANCE

拍数: 64                      墙数: 4                      级数: Improver  
编舞者: Lilly Lee (TW) & Linda Yu (TW) - 2010年06月  
音乐: Do You Wanne Be My Friend - Alex Swings Oscar Sings! : (CD: Love 4 Sale)



前奏 : Intro: 16 count, start with vocals

**第一段**      **Hip Swivel Right (Travel & Lean), Hip Swivel Left (Travel & Lean)**  
右扭臀(重心及身體都跟著移動), 左扭臀(重心及身體都跟著移動)

1-2            Right Side Touch Swivel Hip right, swivel Hip Left (Weight Center)  
(重心在左足)右足右點右扭臀, 左扭臀(重心回中央)

3-4            Swivel Hip right (Weight Right), Swivel Hip Left (Weight Right)  
右扭臀(重心在右), 左扭臀(重心在右)

5-6            Swivel Hip Right, Swivel Hip Left (Weight Center)  
右扭臀, 左扭臀(重心回中央)

7-8            Swivel Hip Right (Weight Left), Swivel Hip Left(Weight Left)  
右扭臀(重心在左), 左扭臀(重心在左)

Option:        May Hitch on & before count 1 and count 8  
選擇版        第1拍及第8拍可以配合做右足抬的動作

**第二段**      **Hip Swivel Right (Travel & Lean), Hip Swivel Left (Travel & Lean)**  
右扭臀(重心及身體都跟著移動), 左扭臀(重心及身體都跟著移動)  
動作同第一段

1-2            Right Side Touch Swivel Hip right, swivel Hip Left (Weight Center)  
(重心在左足)右足右點右扭臀, 左扭臀(重心回中央)

3-4            Swivel Hip right (Weight Right), Swivel Hip Left (Weight Right)  
右扭臀(重心在右), 左扭臀(重心在右)

5-6            Swivel Hip Right, Swivel Hip Left  
右扭臀(重心在左), 左扭臀(重心在左)

7-8            Swivel Hip Right (Weight Left), Swivel Hip Left(Weight Left)  
右扭臀(重心在左), 左扭臀(重心在左)

**第三段**      **Cross, Side Touch, x4 交叉 側點 共4次**

1-2            Right Cross, Left Side Touch 右足於左足前交叉踏, 左足左點

3-4            Left Cross, Right Side Touch 左足於右足前交叉踏, 右足右點

5-6            Right Cross, Left Side Touch 右足於左足前交叉踏, 左足左點

7-8            Left Cross, Right Side Touch 左足於右足前交叉踏, 右足右點

Option:        Snap both hands down at each side on even count  
選擇版        雙手在偶數拍時配合彈手指

**第四段**      **Cha Cha (or Lock) Back x2, Jazz box**  
後恰恰(或後鎖步)2次, 爵士方塊

1&2            Right cha cha back 後交換-右, 左, 右

3&4            Left cha cha back 後交換-左, 右, 左

5-8            Right Cross, Left Back, Right Back, Left in place  
右足於左足前交叉踏, 左足後踏, 右足後踏, 左足踏

Option:        1&2 with Right shoulder back, 3&4 with Left shoulder back  
選擇版        1&2時右肩轉向後, 3&4時左肩轉向後

**第五段**      **Side Hip Bumps 側推臀**

1-2            Bump hips right twice 右推臀二次

3-4            Bump hips left twice 左推臀二次

5-6            Bump Hips Right, Bump Hips Left, 右推臀, 左推臀

7-8            Bump Hips Right, Bump Hips Left 右推臀, 左推臀

Option:        Add arms movements whatever you like to  
選擇版        雙手配合音樂做自由擺動

**\*\*RESTART:** END of 5th wall [9:00], dance 40 counts then restart  
第五面牆(面向9點鐘)跳至此, 從頭起跳

**第六段 Lindy x2 - Chasse Right, Rock,Recover; Chasse Left, Rock,Recover**  
**琳蒂舞 (追步, 後下沉 回復) 2次**  
**右追步, 後下沉 回復, 左追步, 後下沉 回復**

- 1&2 Step right to right, step left close, step right to right  
右足右踏, 左足併踏, 右足右踏
- 3-4 Rock left back, Recover on to right 左足後下沉, 右足回復
- 5&6 Step left to left, step right close, step left to left  
左足左踏, 右足併踏, 左足左踏
- 7-8 Rock right back, Recover on to left 右足後下沉, 左足回復
- Option: May Hitch on & before Odd counts  
選擇版 在奇數拍前可以做抬的動作

**第七段 Charleston x2 with arms swings 查爾斯頓步2次帶雙手前後擺動**

- 1-2 Step Right in place, Kick Left forward 右足踏, 左足前踢
- 3-4 Step Left in place, Touch Right back 左足踏, 右足後點
- 5-6 Step Right in place, Kick Left forward 右足踏, 左足前踢
- 7-8 Step Left in place, Touch Right back 左足踏, 右足後點

**第八段 Camel Walk Back x4, Side,Touch,Turn,Touch**  
**後駱駝走步4次, 側點, 轉, 點**

- 1-2 Step Right Back, Step Left Back 右足後踏, 左足後踏
- 3-4 Step Right Back, Step Left Back 右足後踏, 左足後踏
- 5-6 Step Right Side, Touch Left next to right  
右足右踏, 左足併點
- 7-8 Step Left forward 1/4 Turn Left, Touch Right next to left  
左轉90度左足前踏, 右足併點

**TAG:** END of 2nd wall [6:00], add 16 counts  
第二面牆結束(面向6點鐘), 加16拍

**Camel walk forward, Side Touch x2 and Camel walk back, Side Touch x2**  
**駱駝前走步, 側點2次, 駱駝後走步, 側點2次**

- 1-4 Camel walk forward start with Right, 駱駝前走步-右, 左, 右, 左
- 5-8 Step Right Side, Touch Left next to Right, Step Left side, Touch Right Next to Left 右足右踏, 左足併點, 左足左踏, 右足併點
- 1-4 Camel walk back start with Right 駱駝後走步-右, 左, 右, 左
- 5-8 Step Right Side, Touch Left next to Right, Step Left side, Touch Right Next to Left 右足右踏, 左足併點, 左足左踏, 右足併點

**Ending:** Music will fade out on counts 40 [6:00], Just Step Right Side, Half Turn Left [12:00], slowly put Right hand out, palm up  
..... smile !! like saying "give me your hand, let's make friends" ...

結束:

音樂結束在面向6點鐘第五段(推臀), 右足右踏, 左轉180度(面向12點鐘), 慢慢將右手伸出, 右手掌向上微笑, 像是在跟大家說:「把手交給我, 我們以舞會友吧!」

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