

Meet Me Halfway (互相配合) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Shaz Walton (UK) - 2009年12月
音乐: Meet Me Halfway (UK Single Edit) - Black Eyed Peas : (3:46)



前奏: Start on ...'Cool' 唱到'Cool'時開始起跳

- 第一段** **Cross. Side rock. Recover. Together. Cross Rock. Recover. Cross rock. Hitch.** 交叉, 側下沉 回復, 併, 交叉下沉 回復, 交叉下沉 抬
- 1-2 Cross step right over left. Rock left to left.
右足於左足前交叉踏, 左足左下沉
- 3-4 Recover on right. Step left beside right. 右足回復, 左足併踏
- 5-6 Cross rock right over left. Recover on left.
右足於左足前交叉下沉, 左足回復
- 7-8 Cross rock right over left. Hitch left knee. (Use Hips on counts 5-6-7) 右足於左足前交叉下沉, 左膝抬(5-7拍擺動臀部)
- 第二段** **Step. Hitch. ¼ hitch. Step. Together. Cross. ¼. ½**
踏, 抬, 抬轉1/4, 踏, 併, 交叉, 1/4 1/2
- 1-2 Step left forward. Hitch right knee. 左足前踏, 右足抬
- 3-4 Make ¼ right as you hitch right again. Step right to right.
右足抬右轉90度, 右足右踏
- 5-6 Step left beside right. Cross step right over left.
左足併踏, 右足於左足前交叉踏
- 7-8 Make ¼ right stepping back left. Make ½ right stepping right forward.
右轉90度左足後踏, 右轉180度右足前踏
- 第三段** **Side. Drag. Ball. Cross. Side. Heel ¼. Hold. Ball forward. ¾ spiral.**
側, 拖, 併, 交叉, 側, 1/4踵, 候, 併前踏, 3/4
- 1-2 Step left big step left. Drag right to left.
左足左一大步, 右足拖併
- 8&3-4 Step right beside left. Cross left over right. Step right to right side. 右足併踏, 左足於右足前交叉踏, 右足右踏
- 5-6 Make ¼ left bending right knee & digging left heel forward. HOLD
左轉90度彎右膝左足踵前點, 候
- 8&7-8 Step left beside right. Step right forward. Make ¾ turn left on ball of right. 左足併踏, 右足前踏, 左轉270度右足踏
- 第四段** **Dip. Recover. ½. Cross. Unwind ½ . Cross. Touch. Sit.**
蹲 回復, 1/2 交叉, 繞1/2, 交叉, 點 坐
- 1-2 Step left to left as you bend both knees. Straighten up as you make ½ left on ball of right. 左足左踏彎雙膝, 左轉180度站立重心在右足
- 3-4 Step left to left. Cross right over left.
左足左踏, 右足於左足前交叉踏
- 5-6 Unwind ½ turn left. Cross right over left.
左繞轉180度, 右足於左足前交叉踏
- 7-8 Touch Left to left. Sit over left hip. (weight left)
左足左點, 左坐姿(重心在左足)

第五段 Touch. Side/dip. ¼ touch. Side. ¼ touch. ¼ back. Together.
點踏, 90點踏, 90點踏, 90後後併

- 1-2 Touch right beside left. Step/dip right to right side.
右足併點, 右足右蹲踏
- 3-4 Make a ¼ left touching left beside right. Step/dip left to left side.
左轉90度左足併點, 左足左蹲踏
- 5-6 Touch right beside left making a ¼ left. Step right to right.
左轉90度右足併點, 右足右踏
- 7-8 Make ¼ left Stepping back left. Step back right.
左轉90度左足後踏, 右足後併踏

第六段 Forward. Touch. Ball step. Touch. Back. Back. Out. Out. Slide up.
踏, 點, 併踏, 點, 後, 後, 外, 外, 滑併

- 1-2 Take a big step forward left. Touch right beside left.
左足前一大步, 右足併點
- &3-4 Step slightly back with right. Step forward left. Touch right beside left. 右足略後踏, 左足前踏, 右足併點
- 5-6 Step back right. Step back left. 右足後踏, 左足後踏
- &7-8 Step right to right. Step left to left. (Bend knees on counts &7) With weight evenly placed, slide both feet together to resume standing position 右足右踏, 左足左踏(彎雙膝), 雙足滑併站立

第七段 Side. Hold. Extended shuffle. Cross. Full turn. Side. Behind. Side. Cross. 側, 候, 延伸交換步, 交叉, 轉圈, 側, 後, 側, 交叉

- 1-2 Step right to right. HOLD 右足右踏, 候
- &3&4 Step left beside right. Step right to right side. Step left beside right. Step right to right side. (HIPS!!)
左足併踏, 右足右踏, 左足併踏, 右足右踏(推臀)
- 5-6 Cross left over right. Unwind a full turn right. (weight right)
左足於右足前交叉踏, 右繞轉圈(重心在右足)
- 7 Step left to left side. 左足左踏
- 8&1 Cross right behind left. Step left to left. Cross right over left.
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

第八段 Hold. Side cross. ¼. Rock. Recover. ¾. Walk x2.
候, 側交叉 1/4, 下沉回復, 3/4 走走

- 2 Hold. 候
- &3-4 Step left to left side. Cross right over left. Step forward ¼ left.
左足左踏, 右足於左足前交叉踏, 左轉90度左足前踏
- 5-6 Rock right forward. Recover on left. 右足前下沉, 左足回復
- 7-8 Make ¾ turn right stepping right forward. Step left beside right.
右轉270度右足前踏, 左足併踏
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