

# My Greek No 1 (我的第一名) (zh)

COPPER KNOB  
BY STEPHEN METZ

拍数: 0                      墙数: 1                      级数: Improver  
编舞者: Maria Rask (SWE) - 2005年09月  
音乐: My Number One - Helena Paparizou



前奏: Start after the word "..undercover"

Pattern: A tag A B B A restart A B A (舞步顺序)

Part A: 48 counts, Part B: 16 count, Tag: 8 counts

A: 48拍 B: 16拍 Tag: 8拍

Restart 3rd A part from count 1 in section 5

第三次A部份從第五節第一拍起跳

PART A

## 第一段 ROLLING VINES 轉華倫步

1-4 Rolling Vine to the right- on count 4 touch left beside right and throw arms in the air! 右轉華倫, 第4拍左足併點時雙手向上舉

5-8 Rolling Vine to the left- on count 4 touch right beside left and arms up! 左轉華倫, 第4拍右足併點時雙手向上舉

## 第二段 MAMBO STEPS 曼波步

1&2 Right mambo step forward 右足前踏曼波

3&4 Left mambo step back 左足後踏曼波

5&6 Right side mambo step 右足側踏曼波

7&8 Left side mambo step 左足側踏曼波

## 第三段 PADDLE FULL TURN LEFT, ROCK STEP. TRIPPLE ½ TURN

左轉4次1/4轉圈, 下沉踏, 轉1/2小三步

1-4 Paddle full turn left - 1/4 each count (9 o'clock, 6 o'clock, 3 o'clock, 12 o'clock)  
左划槳步轉4次90度轉圈(9點鐘, 6點鐘, 3點鐘, 12點鐘)

5-6 Right rock step forward- recover onto left  
右足前下沉, 左足回復

7&8 Triple ½ turn to the right (6 o'clock)  
小三步右轉180度(6點鐘)

## 第四段 PADDLE FULL TURN RIGHT, ROCK STEP TRIPPLE ½ TURN

右轉4次1/4轉圈, 下沉, 轉1/2小三步

1-4 Paddle full turn right- 1/4 each count- (9 o'clock, 12 o'clock, 3 o'clock, 6 o'clock)  
右划槳步轉4次90度轉圈(9點鐘, 12點鐘, 3點鐘, 6點鐘)

5-6 Left rock step forward, recover onto right  
左足前下沉, 右足回復

7&8 Triple ½ turn to the left (12 o'clock)  
小三步左轉180度(12點鐘)

Restart from here the third "A time"- (you'll hear it)

第三個PART A 之後從這兒起跳

Start from count 1 in section 5 第五段 第1拍

## 第五段 RIGHT VAUDEVILLE; LEFT VAUDEVILLE & CROSSES

右交叉側踏踵收, 左交叉側踏踵收, 重覆交叉側踏

1&2 Cross right over left. step left to left side. right heel  
右足於左足前交叉踏, 左足左踏, 右足踵前點

&3&4 Step down onto right, cross left over right, step right to the side left heel 右足踏, 左足於右足前交叉踏, 右足側踏, 左足踵前點

&5&6 Step down on left, cross right over left, step left to left side, cross right over left  
左足踏, 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

&7&8 Left to left side, cross right over left, left to left side, cross right over left 左足左踏, 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

**第六段 SIDE ROCK, BEHIND SIDE CROSS HEELBALLCROSSES**

**側下沉, 後側交叉 踵交叉**

- 1-2 Left side rock step, recover onto right foot  
左足側下沉, 右足回復
- 3&4 Cross left behind right, step right to right side, cross left over right foot 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 5&6 Right heel, step down onto right, cross left over right  
右足踵, 右足踏, 右足於右足前交叉踏
- 7&8 Right heel, step down onto right, cross left over right  
右足踵, 右足踏, 左足於右足前交叉踏

TAG: Only once at this point 只跳一次

- 1-2 Step turn ½ left- step ffw right , turn left  
踏左轉180度-右足前踏, 左轉180度
- 3-4 Step turn ½ left- step ffw right , turn left  
踏左轉180度-右足前踏, 左轉180度
- 5-8 Jazz box . right over left, back on left, right to right side together weight on left foot  
爵士方塊:右足於左足前踏, 左足後踏, 右足右踏, 左足併踏

PART B - Hold your friends hands up in the air- "the Greek way"

與同伴牽手並高舉雙手

**SIDE TOGETHER SIDE TOGETHER HEEL HOOK HEEL FLICK & STOMPS**

**側併側併踵勾踵抬 & 重踏**

- 1-4 Step right to right side, step left together, step right to right side. step left together  
右足右踏, 左足併踏, 右足右踏, 左足併踏
- 5&6& Right heel, hook right over left , right heel, flick right foot out back 右足踵, 右足於左足前勾, 右足踵, 右足後抬
- 7&8 Stomp right ,left, right in place 重踏(右, 左, 右)
- 1-4 Step left to left side, step right together, step left to left side step right together  
左足左踏, 右足併踏, 左足左踏, 右足併踏
- 5&6& Left heel, hook left over right, left heel, flick left foot out back  
左足踵, 左足於右足前勾, 左足踵, 左足後抬
- 7&8 Stomp left, right, left in place 重踏(左, 右, 左)

FINISH: In section 6- left out the last "heelballcross" and replace it with: Step right to right side and your arms up!

第六段最後改以右足右踏雙手高舉作為結束

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