

Inclination For Syncopation (超愛切分音) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Paul McAdam (UK) - 2009年06月
音乐: Remember the Time - Michael Jackson



前奏 : Count in: Approximately 32 Counts from start of track at about 19 seconds

- 第一段 Side Cross Touch, Ball Cross Touch, Behind ¼ Turn, Out-Out, Step Back** 左交叉左點, 後交叉左點, 後1/4踏, 大大後踏
- 1&2 Step left foot to left side, cross right foot over left foot, touch left toe to left side 左足左踏, 右足於左足前交叉踏, 左足趾左點
- &34 Step back on ball of left foot, cross right foot over left, touch left toe to left side 左足後踏, 右足於左足前交叉踏, 左足趾左點
- 5&6 Cross left foot behind right foot, make a ¼ turn right step forward on right, step forward on left foot 左足於右足後交叉踏, 右轉90度右足前踏, 左足前踏
- &78 Step right foot out to right side, step left foot out to left side, step back on right foot 右足右前踏, 左足左前踏, 右足後踏
- 第二段 Back ¼ Cross, Switches X2, Cross Unwind Full Turn, Side Rock Kick** 後1/4交叉, 點收點, 交叉轉圈, 左下沉回復踢
- 1&2 Step back on left foot, make a ¼ turn right and step right foot to right side, cross left foot over right 左足後踏, 右轉90度右足右踏, 左足於右足前交叉踏
- 3&4 Touch right toe out to right side, step right foot next to left, touch left toe out to left side 右足趾右點, 右足併踏, 左足趾左點
- 5,6 Cross left foot over right foot, unwind a full turn right (weight finishes on right foot) 左足於右足前交叉踏, 右轉圈(結束重心在右足)
- 7&8 Rock left foot out to left side, recover weight onto right foot, kick left foot forward 左足左下沉, 右足回復, 左足前踢
- 第三段 & Cross & Touch, Cross ¼ Turn Forward, Bend Roll, Ball Step ¼ Turn, Together** 左-交叉-後-點, 交叉1/4, 彎膝轉臀, 併轉併
- &1&2 Step left foot to left side, cross right foot over left, step back on left foot, touch right toe to right side 左足左踏, 右足於左足前交叉踏, 左足後踏, 右足趾右點
- 3,4 Cross right foot over left foot, make a ¼ turn left and step forward on left 右足於左足前交叉踏, 左轉90度左足前踏
- 5,6 Sitting back slightly weight on right foot bend knees, rolling hips forward and up taking weight on left foot 重心在右足彎膝後坐姿, 前轉臀站立重心至左足
- &78 Step right foot next to left foot, make a ¼ turn left and step left foot to left side, step right foot next to left 右足併踏, 左轉90度左足左踏, 右足併踏
- 第四段 Side Touches X2, Step ½ Turn, ¼ Turn Walks Back** 側點二次, 踏轉, 1/4後後
- 1-4 Step left foot back to left diagonal, touch right toe next to left, step right foot back to right diagonal, touch left toe next to right 左足左斜角後踏, 右足趾併點, 右足右斜角後踏, 左足趾併點

- 5,6 Step forward on left foot, pivot ½ turn right
左足前踏, 右軸轉180度
- 7,8 Make a ¼ turn right and step back on left foot, step back on right foot 右轉90度左足後踏, 右足後踏
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