

It's All About You (全都是你) (zh)

COPPER KNOB
BY STEPHEN BRETZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Andrew Palmer (UK) & Sheila Palmer (UK) - 2010年06月
音乐: It's All About You - Juliana Pasha : (CD: Eurovision Song Contest Oslo 2010 Albania)



前奏 : (20 count intro. Start on vocals) Dance rotates in a clockwise direction

- 第一段** **Cross-Rock. Side-Rock. Cross. (Quarter Turn L) Step Back. Chasse' (Quarter Turn L)** 交叉下沉 回復, 左下沉 回復, 交叉, 1/4後, 追步轉
- 1-4 Cross-rock left over right. Recover. Rock left to side. recover
左足於右足前交叉下沉, 右足回復, 左足左下沉, 右足回復
- 5-6 Cross left over right. Quarter turn left step back on right (9:00)
左足於右足前交叉踏, 左轉90度右足後踏(面向9點鐘)
- 7&8 Step left to side. Step right beside left. Quarter turn left step forward on left (6:00) 左足左踏, 右足併踏, 左轉90度左足前踏(面向6點鐘)
- 第二段** **(Quarter Turn L) Step Back. Sweep (Quarter Turn L). Sailor (Quarter Turn L). Kick-Ball-Step. Rock. Recover**
左1/4後, 1/4繞, 1/4水手, 踢併踏, 下沉回復
- 1-2 Quarter turn left step back on right (3:00). Sweep left quarter turn left (12:00) 左轉90度右足後踏(面向3點鐘), 左轉90度繞(12點鐘)
- 3&4 Sailor-step quarter turn left (9:00) 左轉90度水手步(面向9點鐘)
- 5&6 Right kick-ball-change 右足前踢, 右足踏, 左足踏
- 7-8 Rock forward on right. Recover 右足前下沉, 左足回復
- 第三段** **Step Back. Step Back. Shuffle (Half Turn R). (Quarter Turn R) Side. Touch. Side. Touch** 後踏, 後踏, 轉交換, 右1/4側, 點, 側, 點
- 1-2 Step back right. Step back left 右足後踏, 左足後踏
- 3&4 Shuffle half turn right (3:00) 右轉交換(面向3點鐘)
***RESTART here DURING wall 7 (facing 9:00)
第七面牆(面向9點鐘)跳至此, 從頭起跳
- 5-6 Quarter turn right step left to side (6:00). Touch right in front of left 右轉90度左足左踏(面向6點鐘), 右足於左足前點
- 7-8 Step right to side. Touch left in front of right
右足右踏, 左足於右足前點
- 第四段** **Rock. Recover. Together. Rock. Hold. Together. Cross. (Quarter Turn R) Step Back On The Spot Triple Turn (Half Turn L)**
左曼波, 右下沉 候 併 交叉, 右1/4, 原地三步轉1/2
- 1-2& Rock left to side. Recover. Step left beside right
左足左下沉, 右足回復, 左足併踏
- 3-4 Rock right to side. Hold 右足右下沉, 候
- &5-6 Step left beside right. Cross right over left. Quarter turn right step back on left (9:00)
左足併踏, 右足於左足前交叉踏, 右轉90度左足後踏(面向9點鐘)
- 7&8 Triple step on the spot half turn right (3:00)
原地三步右轉180度(面向3點鐘)

TAG: Repeat (the first 4 counts of the dance) counts 1-4 on END of wall 2 & 10 (facing 6:00) 加拍:在第二面牆及第十面牆(面向6點鐘時), 重覆最前面4拍