

Inside Out (裡裡外外) (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: On the Outside - Roch Voisine



- 第一段** **Cross Rock/Recover, Ball Cross, Step Side, Back Cross, Coaster Cross, Cross Step 交叉下沉/回復, 原地交叉, 側踏, 後交叉, 海岸交叉, 交叉踏**
- 1-2 Cross Rock/Lean Right Over Left, Recover Back On Left
右足於左足前交叉下沉, 左足回復
- &3-4 Step Right Slightly Back & Cross Left Over Right, Step Right To Right Side 右足略後踏, 左足於右足前交叉踏, 右足右踏
- &5-6 Facing Left Diagonal: Step Back On Left, Cross Right Over Left, Step Back On Left 面向左斜角線: 左足後踏, 右足於左足前交叉踏, 左足後踏
- &7-8 Straightening Up: Step Back On Right, Cross Left Over Right, Cross Right Over Left (7-8 Travelling Forward)
身體伸直: 右足後踏, 左足於右足前交叉踏, 右足於左足前交叉踏 (7-8拍往前走)
- 第二段** **Triple ½ Turn Right, Rock/Recover ¼ Turn Left, Rock/Recover ½ Turn Right, Full Turn Right 小三步右轉1/2, 下沉/回復 左轉1/4, 下沉/回復 右轉1/2 右轉圈**
- 1&2 Stepping Left, Right, Side Left – ½ Turn Right
左, 右, 左 - 右轉180度
- RESTART On Wall 4 Facing 3 O/C 第四面牆面向3點鐘時從頭跳起
- I
- 3&4 Rock Back On Right, Recover On Left, ¼ Turn Left Stepping Right To Right Side 右足後下沉, 左足回復, 左轉90度右足右踏
- 5&6 Rock Back On Left, Recover On Right, ½ Turn Right Stepping Left In Place 左足後下沉, 右足回復, 右轉180度左足踏
- 7&8 Triple Fully Turn Right Stepping, Right, Left, Right
小三步轉圈(右, 左, 右)
- 第三段** **Ball Step Forward, Run Forward, Rock/Recover, Coaster Cross, Rock & Cross 前踏, 前踏, 下沉/回復, 海岸交叉, 下沉 & 交叉**
- &1 Step Left Slightly Forward, Step Forward On Right
左足略前踏, 右足前踏
- 2& Small Step/Run Forward On Left, Small Step/Run Forward On Right
左足前踏, 右足前踏
- 3-4 Rock/Lean Forward On Left, Recover On Right
左足前下沉, 右足回復
- 5&6 Step Back On Left, Step Back On Right, Cross Left Over Right
左足後踏, 右足後踏, 左足於右足前交叉踏
- 7&8 Side Rock Right, Recover On Left, Cross Right Over Left
右足側下沉, 左足回復, 右足於左足前交叉踏
- 第四段** **Ball ½ Turn & Side Step, & Cross & Rock/Recover, Ball Cross Unwind, Ball Cross Unwind 轉1/2 側踏, 交叉, 下沉/回復, 交叉旋繞, 交叉旋繞**
- &1 ¼ Turn Right Stepping Back On Left, ¼ Turn Right Stepping Right To Right Side 右轉90度左足後踏, 右轉90度右足右踏

- 2&3 Cross Left Over Right, Step Right To Right Side, Cross Rock/Lean Left Over Right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉下沉
- 4 Recover Back On Right 右足回復
- &5 Step Left To Left Side, Cross Right Over Left 左足左踏, 右足於左足前交叉踏
- 6 Unwind Full Turn Left Finishing With Weight On Right 左旋繞轉圈重心在右足
- &7 Step Left To Left Side, Cross Right Over Left 右足左踏, 右足於左足前交叉踏
- 8& Unwind Full Turn Left Finishing With Weight On Right, Step Left To Left Side (Steps &5 To 8& Are Travelling To Left Side) 左旋繞轉圈重心在右足, 左足左踏 (&5 及 8& 拍會向左移動)
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