

I C U (看見你) (zh)

COPPER KNOB
STYLEDANCE

拍数: 48 墙数: 4 级数: Intermediate
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音乐: All I See - Kylie Minogue : (CD: X)



前奏 : Start after 24 counts, with lyrics.

- 第一段** **Rock, Recover, 1/2 R, 1/2 R, Step Back, Touch, Bump Forward-Back-Forward**
下沉 回復, 1/2 1/2, 後踏 前點, 推臀-前-後-前
- 1,2 Rock forward R, recover onto L 右足前下沉, 左足回復
3,4 Turn 1/2 right stepping forward R (6:00), turn 1/2 right stepping back L (12:00)
右轉180度右足前踏(面向6點鐘), 右轉180度左足後踏(面向12點鐘)
5,6 Step back R, touch L toe forward with bent knee
右足後踏, 左足趾前點彎膝
7&8 Bump hips forward, back and forward placing weight onto L
前推臀, 後推臀, 前推臀(重心在左足)
- 第二段** **Walk, Walk, Anchor Step, 1/2 L, 1/2 L, Sailor Step 1/4 L With Cross**
走 走, 定點踏, 1/2, 1/2, 1/4水手交叉
- 1,2 Step forward R, step forward L 右足前踏, 左足前踏
3&4 Step ball of R behind L, step L in place, step back R
右足於左足後踏, 左足踏, 右足後踏
5,6 Turn 1/2 left stepping forward onto L (6:00), turn 1/2 left stepping back on R (12:00)
左轉180度左足前踏(面向6點鐘), 左轉180度右足後踏(面向12點鐘)
7&8 Sweep L counterclockwise stepping behind R while turning 1/4 left (9:00), step R to right side, step L across R
("English cross")
左足逆時針左轉90度繞至右足後踏(面向9點鐘), 右足右踏, 左足於右足前交叉踏(英式交叉)
- 第三段** **Ball Cross, 1/4 R, Step-Lock-Step, Kick, 1/4 L, Triple Forward**
右 交叉, 1/4, 前鎖步, 踢 後踏, 1/4轉交換
- 8&1,2 Step ball of R to right side, step L across R, turn 1/4 right (12:00) stepping forward R
右足右踏, 左足於右足前交叉踏, 右轉90度(面向12點鐘)右足前踏
3&4 Step forward L, step ball of R behind L, step forward L
左足前踏, 右足於左足後踏, 左足前踏
5,6 Kick R to right side diagonal (2:00), step back R behind L
右足右斜前踢(面向2點鐘), 右足於左足後踏
7&8 Turn 1/4 left stepping forward L (9:00), step together R, step forward L 左轉90度左足前踏(面向9點鐘), 右足併踏, 左足前踏
- 第四段** **Step, Pivot 1/2 L, 1/2 L Step R To Right Side, Hold, Sway L, R, Bump Hips L & L 踏 轉 轉 候, 左擺臀, 右擺臀, 推臀**
- 1,2 Step forward R, turn 1/2 left stepping onto L (3:00)
右足前踏, 左轉180度左足踏(面向3點鐘)
3,4 Pivot 1/2 left while on L stepping R to right side (9:00), hold
左軸轉180度右足右踏(面向9點鐘), 候
5,6 Sway L, sway R (or bump hips L, R)
左擺臀, 右擺臀(或左推臀, 右推臀)
7&8 Bump hips L, R, L weight ending on L
推臀-左, 右, 左(結束重心在左足)
- 第五段** **Point, Cross, Point, Cross, Step Back, Step Together, Shuffle Forward**
點 交叉, 點 交叉, 後踏 併踏, 前交換
- 1,2 Point R toe to right side, step R across L
右足趾右點, 右足於左足前交叉踏
3,4 Point L toe to left side, step L across R
左足趾左點, 左足於右足前交叉踏

***RESTART** here on the 2nd repetition only, you will be facing the front wall (12:00)

第二面牆跳至此, 面向12點鐘時, 從頭起跳

5,6 Step back R, step together L 右足後踏, 左足併踏

7&8 Step forward R, step together L, step forward R
右足前踏, 左足併踏, 右足前踏

第六段 **Rock, Recover, 1/2 L Turning Triple, Step, Hitch, Back, Rock Back & Recover** 下沉 回復, 轉交換, 踏 抬 後, 後下沉
回復

1,2 Rock forward L, recover onto R 左足前下沉, 右足回復

3&4 Turning 1/2 left step forward L (3:00), step together R, step forward L 左轉180度左足前踏(面向3點鐘), 右足併踏, 左
足前踏

5,6 Step forward R, hitch L knee bringing L heel behind R calf
右足前踏, 左膝抬(左踵在右踝後)

7,8& Step back L (7), rock back R (8), recover onto L (&)
左足後踏, 右足後下沉, 左足回復
