

Be My Girl (非妳莫屬) (zh)

COPPER KNOB
BY STEPHEN T. S.

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: Be My Girl - Shane Smit : (iTunes)



Intro : 32 Count start on vocal (Approx. 21 Seconds Into Track)

Tag : 8 count end of wall 5

SECTION 1 [1 - 8]: STEP DIAGONAL, TOGETHER, STEP*3, STEP DIAGONAL, TOGETHER, STEP*3

1 - 2 Step Rf forward to right diagonal(1:30)(1), Step Lf beside Rf (2)
3 & 4 Step place R L R
5 - 6 Step Lf forward to left diagonal(10:30)(5), Step Rf beside Lf(6),
7 & 8 Step place L R L (12:00)
1 - 2 右足右斜前踏(1:30)(1), 左足併右足旁(2)
3 & 4 原地輕踏並推臀 右 左 右
5 - 6 左足左斜前踏(10:30)(5), 右足併左足旁(6)
7 & 8 原地輕踏並推臀 左 右 左(12:00)

SECTION 2 [9-16] : POINT, TOUCH, KICK, STEP, STEP, SIDE ROCK, STEP, SIDE ROCK, STEP

1 - 2 Point Rf to right (1) , Touch Rf beside Lf (2)
3 & 4 Kick Rf forward (3) , Step Rf next to Lf (&) , Step Lf next to Rf(4)
5 - 6 Rock Rf to right (5) , Step Rf next to Lf (6)
7 - 8 Rock Lf to left (7) , Step Lf next to Rf (8)(12:00)
1 - 2 右足右旁點(1), 右足點左足旁(2)
3 & 4 右足前踢(3), 右足回踏左足旁(&), 左足原地踏重心放左足(4)
5 - 6 右足右踏並推臀(5), 右足回併左足旁(6)
7 - 8 左足左踏並推臀(5), 左足回併右足旁(6)(12:00)

SECTION 3 [17 - 24]: ROCK , RECOVER , LOCK , PIVOT , STEP , LOCK

1 - 2 Rock Rf forward (1) , Recover on Lf (2)
3 & 4 1/2 turn right step Rf forward (3)(6:00) , Step Lf behind Rf (&) , Step Rf forward(4)(6:00)
5 - 6 Step Lf pivot 1/2 turn right(5)(12:00) , Step Rf forward(6)
7 & 8 step Lf forward (7) , Step Rf behind Lf (&) , Step Lf forward(8)(12:00)
1 - 2 右足前下沉(1), 重心回左足(2)
3 & 4 右後轉1/2 右足前交換步 右左右(6:00)
5 - 6 左足前踏(5), 右轉1/2右足前踏(6)(12:00)
7 & 8 左足前交換步 左右左(12:00)

SECTION 4 [25 - 32]: STEP, 3/8 TURN LEFT, DOWN HIP*2, UP HIP, STEP, SIDE STEP, HIP

1 - 2 Step Rf forward to diagonal(1:30)(1), Pivot 3/8 turn left Step Lf forward(2)(9:00)
3 & 4 Body slightly squatting push R hip (3), push L hip(&), Body up and push R hip.
5 - 6 Step Lf forward (5) , Step Rf to right (6)
7 & 8 Hip bumps L R L
1 - 2 右足右斜前踏(1:30)(1), 左轉3/8左足前踏(9:00)(2)
3 & 4 身體微蹲前後推臀, 後推臀(3)、前推臀(&)、後推臀同時身體往上提升 (4)
5 - 6 左足前踏(5), 右足右側踏(6)
7 & 8 交換重心並推臀 左足、右足、左足(9:00)

TAG (8 counts)

1 - 2 Step Rf to right (1) , Touch Lf to beside Rf (2)
3 - 4 Step Lf to left (3) , Touch Rf to beside Lf (4)
5 - 8 Repeat 1 - 4

1 – 2 右足右踏(1)，左足點右足旁(2)
3 – 4 左足左側踏(3)，右足點左足旁(4)
5 – 8 重複 1 – 4

Proposal : Hand movements refer to the demo

Have fun!!! Happy Dance

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