

I Like It Loud (歡天喜地) (zh)

COPPER KNOB
BY STEPHEN T. S.

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Doug Miranda (USA) & Jackie Miranda (USA)
音乐: Let's Get Loud - Jennifer Lopez : (CD: On The 6)



- 第一段** **ROCK LEFT SIDE, RECOVER RIGHT, TRIPLE IN PLACE, ROCK RIGHT SIDE, RECOVER LEFT, TRIPLE IN PLACE**
左側下沉, 右回復, 小三步, 右側下沉, 左回復, 小三步
- 1-2 Rock left to left side, recover on right
左足左下沉, 右足回復
- 3&4 Triple in place left, right, left 原地小3步 (左、右、左)
- 5-6 Rock right to right side, recover on left
右足右下沉, 左足回復
- 7&8 Triple in place right, left, right 原地小3步 (右、左、右)
- 第二段** **ROCK FORWARD, BACK, SHUFFLE BACK, ROCK BACK AND FORWARD, SHUFFLE FORWARD** 前下沉, 後, 後交換, 後下沉 & 前, 前交換
- 1-2 Rock forward on left, back on right 左足前下沉, 右足後踏
- 3&4 Shuffle back left, right, left 向後交換步 (左、右、左)
- 5-6 Rock back on right, forward on left 右足後下沉, 左足前踏
- 7&8 Shuffle forward right, left, right 向前交換步 (右、左、右)
- 第三段** **STEP SIDE, HOLD, 2X, ¼ TURN LEFT, ½ TURN LEFT, SHUFFLE FORWARD**
側踏, 候, 二次, 左轉1/4, 左轉1/2, 前交換
- 1-2 Step left to left side, hold and snap fingers at sides at eye level 左足左踏, 候 (雙手上舉並彈指, 手指與眼部同高)
- 8&3-4 Step right next to left, step left to left side, hold and snap fingers at sides with arms down
右足併踏, 左足左踏, 候 (雙手下垂並彈指)
- 5-6 Step right ¼ left, pivot and turn ½ left (weight is on left)
左轉90度右足前踏, 左軸轉180度 (重心在左足)
- 7&8 Shuffle forward right, left, right 向前交換步 (右、左、右)
- 第四段** **ROCK FORWARD AND BACK, FULL TURN LEFT, TOE STRUTS BACK**
前下沉, 後, 左轉圈, 後趾踵
- 1-2 Rock forward on left, back on right 左足前下沉, 右足後踏
- 3&4 Turn ¼ left on left, turn ¼ left stepping forward on right, turn ½ left stepping back on left (you will have made a full turn left moving slightly backwards)
左足左轉90度, 右足前踏左轉90度, 左足後踏左後轉180度 (左後轉一圈, 並略為後退) 【實際轉圈時轉180度再往前交換步, 另180度在5拍開始前轉】
- 5-6 Touch right toe back, step down on right heel (bend knees slightly) 右足趾後點, 足踵踏下 (膝蓋略彎)
- 7-8 Touch left toe back, step down on left heel (bend knees slightly) 左足趾後點, 足踵踏下 (膝蓋略彎)
- 第五段** **RIGHT AND LEFT SIDE ROCKS, RECOVER, CROSSES, TRAVELING KICK-BALL-CHANGE** 右
左側下沉, 回復, 交叉, 踢交換
- 1&2 Rock right to right side, recover left, cross right over left
右足右踏, 左足回復, 右足交叉於左足前

- 3&4 Rock left to left side, recover right, cross left over right (you will be moving slightly forward on 2 and 4 above when crossing)
左足左踏，右足回復，左足交叉於右足前 (於2、4拍交叉時，身體略往前移動)
- 5&6 Right kick-ball-change (travel forward) 右足踢交換步 (往前移動)
- 7&8 Right kick-ball-change (travel forward) 右足踢交換步 (往前移動)

第六段 RIGHT AND LEFT HIP BUMPS FORWARD, STOMP FORWARD, HOLD AND CLAP, ROLL HIPS 右左前推臀，前重踏，候 & 拍手，轉臀

- 1&2 Step right slightly forward while bumping hips right, left, right 右足前踏，同時推臀 (右、左、右)
- 3&4 Step left slightly forward while bumping hips left, right, left
左足前踏，同時推臀 (左、右、左)
- 5-6 Stomp right forward, hold and clap 右足前重踏，候，拍手
- 7-8 Roll hips to the left ending with weight on right
臀部轉一圈停在左邊 (重心在右足)
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