

Cooler Than Me (比酷一族) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Frank Trace (USA) - 2010年08月
音乐: Cooler Than Me - Mike Posner



前奏 : Start the dance on the heavy beat, 34 seconds into the song. 34秒後起跳

- 第一段 Heel, Toe, Side Step Right, Drag Touch Heel, Toe, Side Step Left, Drag Touch 踵點, 趾點, 右大步, 拖併點, 踵點, 趾點, 左大步, 拖併點**
- 1-2 Touch R heel forward, touch R toe next to L
右足踵前點, 右足趾併點
- 3-4 Large side step to right with R, drag touch L next to R
右足右一大步, 左足拖併點
- 5-6 Touch L heel forward, touch L toe next to R
左足踵前點, 左足趾併點
- 7-8 Large side step to left with L, drag touch R next to L
左足左一大步, 右足拖併點
- 第二段 Rocking Chair, Hip Swivels 1/4 Turn Left 搖椅步, 左轉1/4帶轉臀**
- 1-4 Rock R forward, recover onto L, rock R back, recover onto L
右足前下沉, 左足回復, 右足後下沉, 左足回復
- 5-8 Rolls hips R, L, R, L turning 1/4 left (this could be a 1/4 paddle turn) weight ends on left (9:00)
左轉90度轉臀-右, 左, 右, 左, 最後重心在左足(可以做90度的划槳步)(面向9點鐘)
- 第三段 Walk Forward, Kick Forward, Turn Half Left, Walk Forward, Kick Diagonally Right 走走走踢, 轉走走走踢**
- 1-4 Walk forward R, L, R, kick L diagonally left
前走步-右, 左, 右, 左足斜前踢
- 5-8 Turn 1/2 left and step on L, walk forward R, L, kick R diagonally right (3:00) 左轉180度左足踏, 右足前走, 左足前走, 右足斜前踢(面向3點鐘)
- 第四段 Jazz Box With Cross Over, Step Back Diagonal Right, Drag Touch, Step Back Diagonal Left, Drag Touch 爵士方塊帶交叉, 後踏, 拖併點, 後踏, 拖併點**
- 1-4 Cross step R over L, step L back, step R to R side, step L over R
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足於右足前交叉踏
- 5-6 Step R back diagonally right (turn body diagonally right), drag touch L next to R 右足斜角後踏(身體轉向右斜角), 左足拖併點
- 7-8 Step L back diagonally left (turn body diagonally left), drag touch R next to L 左足斜角後踏(身體轉向左斜角), 右足拖併點