

Creepin' (毛骨悚然) (zh)

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Scott Blevins (USA) - 2008年09月
音乐: The Creeps (Original Radio) - Camille Jones & Fedde Le Grand



前奏 : Start on lyrics after 64 count intro

第一段

- 1&2& 1) Kick R foot forward; &) Step R foot a small step to R side; 2) Step L foot a small step to L side; &) Step R foot to center.
1)右足前踢, &)右足右一小步, 2)左足左一小步, &)右足回中心
- 3,4 3) Step L foot across and in front of R foot; 4) Step back on R foot.
3)左足於右足前交叉踏, 4)右足後踏
- 5&6 5) Take weight forward on to L foot; &) Make a 1/4 turn L stepping R foot to R side; 6) Step L foot across and in front of R foot.
5)重心回在前面的左足, &)左轉90度右足右踏, 6)左足於右足前交叉踏
- 7&8 7) Make a 1/4 turn R stepping forward on R foot; &) Make a 1/2 turn R Stepping back on L foot; 8) Step R foot next to L foot. (facing 6 O'clock)
7)右轉90度右足前踏 &)右轉180度左足後踏, 8)右足併踏(面向6點鐘)

第二段

- 1,2 1-2) Walk forward L-R. 1-2)前走步-左, 右
- &3,4 &) Step back and on a diagonal L on to ball of L foot; 3) Return to R foot; 4) Step forward on L foot toward 6 O'clock.
&)左足斜後踏, 3)右足回復, 4)左足前踏(面向6點鐘)
- 5&6 5) Make a 1/4 turn L rocking R foot to R side; &) Recover to L foot; 6) Step R foot across and in front of L foot.
5)左轉90度右足右踏, &)左足回復 6)右足於左足前交叉踏
- 7&8 7) Make a 1/4 turn R stepping back on L foot; &) Make a 1/4 turn R stepping R foot to R side; 8) Step L foot across and in front of R foot. (facing 9 O'clock)
7)右轉90度左足後踏, &)右轉90度右足右踏, 8)左足於右足前交叉踏(面向9點鐘)

RESTART: Restart AFTER count 16 on wall 3! 第三面牆跳到這裡從頭起跳

第三段

- 1,2 1) Rock on to R foot to R side; 2) Make a 1/4 turn L recovering to L foot. 1)右足右下沉, 2)左轉90度左足回復
- 3&4 3) Make a 1/2 turn L stepping R foot next to L foot; &) Step L foot a small step to L side; 4) Step R foot a small step to R side. (facing 12 O'clock)
3)左轉180度右足併踏, &)左足左一小步, 4)右足右一小步(面向12點鐘)
- 5,6 5-6) Touching L toe forward and on diagonal L, bump hips L two times taking weight on L foot on count six.
5-6)左足趾斜前點左擺臀, 左擺臀重心回左足
- 7,8 7-8) Touching R toe forward and on diagonal R, bump hips R two times taking weight on R foot on count eight.
7-8)右足趾斜前點右擺臀, 右擺臀重心回右足

第四段

- 1&2 1) Step L foot across and in front of R foot; &) Make a 1/8 turn L stepping back on R foot; 2) Make a 1/8 turn L stepping forward on L foot. (facing 9 O'clock)
1)左足於右足前交叉踏, &)左轉45度右足後踏 2)左轉45度左足前踏(面向9點鐘)
- 3,4 3) Step forward on R foot; 4) Make a 1/2 turn R stepping back on L foot. 3)右足前踏, 4)右轉180度左足後踏

- 5&6 5) Make a 1/4 R stepping R foot to R side; &) Step L foot next to R foot; 6) Step R foot to R side. (facing 6 O'clock)
5)右轉90度右足右踏, &)左足併踏, 6)右足右踏(面向6點鐘)
- 7&8 7) Rock L foot across and in front of R foot; &) Recover to R foot; 8) Make a 1/4 turn L stepping forward on L foot. (facing 3 O'clock)
7)左足於右足前交叉下沉, &)右足回復, 8)左轉90度左足前踏(面向3點鐘)
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