

Chill Factor (急凍因子) (zh)

COPPER KNOB
BY STEPHEN

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Daniel Whittaker (UK) & Hayley Westhead (UK) - 2001年09月
音乐: Last Night (feat. DJ Robbie) - Chris Anderson



第一段 RIGHT SCUFF, KNEE TURN, KICK BALL STEP, PIVOT ½ TURN 右擦踢, 膝轉, 踢交換步, 轉1/2

- 1-2 Scuff right beside left foot, touch right toe to right side
右足於左足邊擦踢, 右足趾右點
- 3-4 Push right knee in towards left knee, push right knee out making a ¼ turn right 右膝推向左膝, 右膝右轉90度
- 5&6 Kick right foot forward, step right beside left, step forward left foot 右足前踢, 右足併踏, 左足前踏
- 7-8 Step forward right foot pivot ½ turn left 右足前踏, 左轉180度

第二段 RIGHT GRAPEVINE HEEL JACK, ½ TURN, LEFT CROSS SHUFFLE 右藤步踵點踏, 轉1/2, 左交叉交換

- 1-2 Step right to side, cross left behind
右足右踏, 左足於右足後交叉踏
- &3 Step right slightly back, and touch left heel forward
右足於左足略後踏, 左足踵前點
- &4 Step left beside right, and cross right over left
左足併踏, 右足於左足前交叉踏
- 5-6 Step left foot slightly back making a ¼ turn right, step right foot to the side making a ¼ turn right
右轉90度左足略後踏, 右轉90度右足右踏
- 7&8 Step left foot over right, step right to side, step left over right 左足於右足前踏, 右足右踏, 左足於右足前踏

第三段 SIDE ROCK, ¼ TURN, ROCK STEP, COASTER STEP 側下沉, 轉1/4, 下沉回復, 海岸步

- 1-2 Rock right foot out to the side, rock in on left foot
右足右下沉, 左足回復
- 3&4 Step right foot behind left, make ¼ turn left and step forward left, step forward right foot
右足於左足後踏, 左轉90度左足前踏, 右足前踏
- 5-6 Rock left foot forward, rock back on right 左足前下沉, 右足後回復
- 7&8 Step left back, close right to left, step forward left
左足後踏, 右足併踏, 左足前踏

第四段 SWITCH STEPS ¾ TURN, KICK CROSS CLAP 快速移動步轉3/4, 踢交叉拍手

- 1&2 Kick right foot forward, step right beside left, and touch left heel forward 右足前踢, 右足併踏, 左足踵前點
- &3-4 Step left beside right, lock right foot behind left foot, unwind ¾ turn right (weight ends on right)
左足併踏, 右足於左足後鎖步, 右轉270度(重心在右足)
- 5-6 Step left forward, kick right foot forward 左足前踏, 右足前踢
- &7-8 Step right foot back, touch left foot over right foot, clap
右足後踏, 左足於右足前點, 拍手

第五段 STEP LOCK, ¼ TURN STEP LOCK, STEP ½ PIVOT, STEP ¼ TURN
踏鎖步, 轉1/4踏鎖步, 踏轉1/2, 踏轉1/4

- 1-2& Step left foot forward, lock right foot behind left, step forward left 左足前踏, 右足於左足後鎖步, 左足前踏
- 3-4& Make ¼ turn right step forward right foot, lock left behind, step forward right 右轉90度右足前踏, 左足於右足後鎖步, 右足前踏
- 5-6 Step forward left, pivot ½ turn right 左足前踏, 右轉180度
- 7-8 Step forward left make ¼ turn right, touch right beside left 右轉90度左足前踏, 右足併點

第六段 SYNCOPATE FORWARD, BACK, FORWARD, FORWARD, HEEL JACK, HEEL JACK
變奏前, 後, 前, 前, 踏點收併, 踏點收併

- &1 Syncopate forward right, left 右足前踏, 左足前踏
- &2 Syncopate back right left 右足後踏, 左足後踏
- &3&4 Syncopate forward right, left, right, left 右前, 左前, 右前, 左前
- &5&6 Step right foot slightly back, touch left heel forward, step left beside right, step right beside left 右足略後踏, 左足踵前點, 左足併踏, 右足併踏
- &7&8 Step left foot slightly back, touch right heel forward, step right beside left, step left beside right 左足略後踏, 右足踵前點, 右足併踏, 左足併踏
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