

Come Anytime (風兩無阻) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK) - 2007年02月
音乐: Come Rain Come Shine (Radio Edit) - Jenn Cuneta



前奏 : 32 Count intro 32拍後起跳

第一段 Back Rock. Right Shuffle Forward. Step. Pivot 1/2 Turn Right. Left Shuffle 1/2 Turn Right.
後下沉, 右前交換步, 踏右轉1/2, 右轉1/2左交換步

1 – 2 Rock back on Right. Rock forward on Left.
右足後下沉, 左足前下沉

3&4 Right shuffle forward stepping Right. Left. Right.
右前交換步-右, 左, 右

5 – 6 Step forward on Left. Pivot 1/2 turn Right. 左足前踏, 右轉180度

7&8 Left shuffle turning 1/2 turn Right stepping Left. Right. Left. (12 o'clock) 右轉180度左交換步-左, 右, 左(12點鐘)

第二段 Back Rock. Heel Switches (Right & Left). & Cross. Point. Cross. Point. 後下沉, 踵交換(右, 左), 交叉, 點, 交叉, 點

1 – 2 Rock back on Right. Rock forward on Left.
右足後下沉, 左足前下沉

3& Touch Right heel forward. Step Right beside Left.
右足踵前點, 右足併踏

4& Touch Left heel forward. Step Left beside Right.
左足踵前點, 左足併踏

5 – 6 Cross/Step Right Forward over Left. Point Left out to Left side.
右足於左足前(交叉)踏, 左足左點

7 – 8 Cross/Step Left Forward over Right. Point Right out to Right side.
左足於右足前(交叉)踏, 右足右點

第三段 Cross. Unwind 3/4 Turn Right. Chasse Left. Hip Rocks.
交叉, 右轉3/4, 左追步, 推臀下沉

1 – 2 Cross Right behind Left. Unwind 3/4 turn Right. (Weight on Right)
右足於左足後交叉踏, 右轉270度重心在右足

3&4 Step Left to Left side. Close Right beside Left. Step Left to Left side. (9 o'clock) 左足左踏, 右足併踏, 左足左踏(9點鐘)

5 – 6 Rock Right diagonally back Right pushing hips back. Recover weight on Left pushing hips forward. 右足於右後斜角線推臀下沉, 左足前推臀回復

7 – 8 Rock Right diagonally back Right pushing hips back. Recover weight on Left pushing hips forward. 右足於右後斜角線推臀下沉, 左足前推臀回復

Note: Counts 5 & 7 above...Raise Left foot slightly off the floor, with body facing Diagonally Right.
第5-7拍左足略離地, 身體面向右斜角線

第四段 Forward Rock. Right Lock Step Back. 1/4 Turn Left with Hip Bumps. 1/2 Turn Left with Hip Bumps.
前下沉, 右後鎖步, 左轉1/4推臀, 左轉1/2推臀

1 – 2 Rock forward on Right. Rock back on Left. (9 o'clock)
右足前下沉, 左足後下沉(9點鐘)

- 3&4 Step back on Right. Lock step Left across Right. Step back on Right.
右足後踏, 左足於右足前鎖步, 右足後踏
- 5&6 Hinge 1/4 turn Left stepping Left to Left side bumping hips Left. Bump hips Right. Bump hips Left.
左轉90度左足左踏左推臀, 右推臀, 左推臀
- 7&8 Hinge 1/2 turn Left stepping Right to Right side bumping hips Right. Bump hips Left. Bump hips Right.
左轉180度右足右踏右推臀, 左推臀, 右推臀

第五段

Back Rock. Left Kick-Ball-Cross. Side Step Left. Slide. Heel Jack. Hold.後下沉, 左踢交叉交換, 左側踏, 滑, 踏踵點, 候

- 1 – 2 Rock back on Left. Rock forward on Right. (12 o'clock)
左足後下沉, 右足前下沉(12點鐘)
- 3&4 Kick Left diagonally forward Left. Step ball of Left back to place. Cross step Right over Left. 左足左斜角線前踢, 左足後踏, 右足於左足前交叉踏
- 5 – 6 Long step Left to Left side. Slide/Drag Right beside Left. (Weight on Left) 左足左一大步, 右足滑併踏(重心在左足)
- 8&7–8 Step back on Right. Touch Left heel forward. Hold.
右足後踏, 左足踵前點, 候

第六段

& Cross Rock. Chasse Right. Cross Rock. Chasse 1/4 Turn Left.
交叉下沉, 右追步, 交叉下沉, 左轉1/4追步

- 8&1–2 Step Left back to place. Cross rock Right over Left. Rock back on Left. 左足後踏, 右足於左足前交叉下沉, 左足後下沉
- 3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side. 右足右踏, 左足併踏, 右足右踏
- 5 – 6 Cross rock Left over Right. Rock back on Right.
左足於右足前交叉下沉, 右足後下沉
- 7&8 Step Left to Left side. Close Right beside Left. Turn 1/4 turn Left stepping forward on Left.
左足左踏, 右足併踏, 左轉90度左足前踏

第七段

Right Side Rock. Right Cross Shuffle. Forward Rock. Triple Step Full Turn Left. 右側下沉, 右交叉交換, 前下沉, 小三步轉圈

- 1 – 2 Rock Right out to Right side. Recover weight on Left. (9 o'clock)
右足右下沉, 左足回復
- 3&4 Cross step Right over Left. Step Left to Left side. Cross step Right over Left. 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 5 – 6 Rock forward on Left. Rock back on Right. 左足前下沉, 右足後下沉
- 7&8 Left triple step in place turning Full turn Left stepping Left. Right. Left. (9 o'clock) 左足小三步左轉圈-左, 右, 左

第八段

Forward Rock. Jump Back, Out, Out. Hold. & Cross. Hold. 2 x Heel Bounces with 1/2 Turn Right.
前下沉, 後跳-外 外, 候, 交叉, 候, 二次踵彈跳右轉1/2

- 1 – 2 Rock forward on Right. Rock back on Left.
右足前下沉, 左足後下沉
- 8&3 Jump Right Back and out Right to Right side. Jump Left Back and out Left to Left side. 右足右後踏跳, 左足左後踏跳
- 4 Hold and Clap. (Feet Shoulder Width Apart) (Weight on Left)
候 & 拍手(雙腳同肩寬)重心在左足
- 8&5–6 Jump Right Back and into Centre. Cross Left over Right. Hold and Clap. 右足後併跳, 左足於右足前交叉踏, 候&拍手

7 – 8 Bounce both heels x 2 whilst making 1/2 turn Right. (Weight ends on Left) (3 o'clock) 雙足踵彈跳
二次並右轉180度(重心在左足)(3點鐘)
