

Can't Get Involved (不能介入) (zh)

COPPER KNOB
STEPSHETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - 2009年08月
音乐: Get Involved (feat. Timbaland) - Ginuwine



前奏: Starts on First 'Singing' Vocal.. (52 Counts)

第一段 Funky Paddle 1/2 Turn, Out, Out, Coaster Cross, 1/4 Turn. Funky划槳轉1/2, 外, 外, 海岸交叉, 1/4

- 1-3 With weight on Right make 1/6 turn to Right as you touch Left 'flat sole', with weight on Right make 1/6 turn to Right as you touch Left 'flat sole', with weight on Right make 1/6 turn to Right stepping Left to Left side. (1-3 make 1/2 turn to Right in paddle motion but with flat feet & slight bend to knees.. Shake your shoulders as you turn... funky)
重心在右足右轉60度左足點, 重心在右足右轉60度左足點, 重心在右足右轉60度左足踏
(1-3拍以划槳步方式右轉180度, 但是腳不伸直, 膝略彎曲, 擺動肩膀)
- 4-5 Step forward & out on Right, step forward & out on Left.
右足右斜前踏, 左足左斜前踏
- 6&7 Step back on Right, step Left next to Right, cross step Right over Left. 右足後踏, 左足併踏, 右足於左足前交叉踏
- 8 Make 1/4 turn to Right stepping back on Left.
右轉90度左足後踏

第二段 Shuffle 1/2, Cross, 1/8, 1/8, Side, Sailor 3/4 Cross. 轉交換, 交叉, 1/8, 1/8, 旁, 轉3/4水手交叉

- 1&2 Make 1/4 turn to Right stepping Right to Right side, step Left next to Right, 1/4 turn Right stepping forward Right.
右轉90度右足右踏, 左足併踏, 右轉90度右足前踏
- 3-4 Cross step Left heel over Right, make 1/8 turn Left stepping back on Right. (Stick your bum/butt/ass/posterior out)
左足踵於右足前交叉踏, 左轉45度右足後踏
- 5-6 Make 1/8 turn Left stepping forward on Left, step Right to Right side.
左轉45度左足前踏, 右足右踏
- 7&8 Make 1/4 turn Left stepping Left behind Right, 1/4 turn Left stepping Right next to Left, make 1/4 turn to Left as you Cross Left over Right.
左轉90度左足於右足後踏, 左轉90度右足併踏, 左轉90度左足於右足前交叉踏

第三段 Rock & Cross, Side, Drag & Step, 1/2, 1/2, Back. 下沉 & 交叉, 側, 拖 & 踏, 1/2 1/2 後

- 1&2 Rock to Right side on Right, recover on Left, cross step Right over Left. 右足右下沉, 左足回復, 右足於左足前交叉踏
- 3-4& Step Left a large step to Left, drag Right to Left, step Right next to Left. 左足左一大步, 右足拖併, 右足併踏
- 5-6 Step forward on Left, pivot 1/2 turn to Right.
左足前踏, 右軸轉180度
- 7-8 Make 1/2 turn to Right stepping back on Left, step back on Right.
右轉180度左足後踏, 右足後踏

第四段 Cross, Back & Cross, 1/4, Coaster Step, Walk, Walk. 交叉, 後 & 交叉, 1/4, 海岸步, 走, 走

- 1-2 Cross/lock Left over Right, step back on Right.
左足於右足前交叉鎖踏, 右足後踏
- &3-4 Step Left to Left side, cross step Right over Left, make 1/4 turn to Right stepping back on Left.
左足左踏, 右足於左足前交叉踏, 右轉90度左足後踏
- 5&6 Step back on Right, step Left next to Right, step forward on Left.
右足後踏, 左足併踏, 左足前踏
- 7-8 Walk forward Left-Right. 左足前走, 右足前走

RESTARTS: Wall 2 & Wall 4... Dance Up To & Including Count 32.. Then Restart Dance From Beginning. 第二面牆及第四面牆跳至此, 從頭起跳

第五段 Syncopated Jazz Box 1/4, Sailor 1/4, Step Bounce, Bounce, Step Bounce, Bounce. 變奏爵士方塊轉1/4, 水手轉1/4, 跳彈彈, 跳彈彈

- 1&2 Cross step Left over Right, make 1/4 turn Left stepping back on Right, step Left to Left side.
左足於右足前交叉踏, 左轉90度右足後踏, 左足左踏

- 3&4 Cross step Right behind Left, make 1/4 turn Left stepping forward Left, step forward on Right.
右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏
- 5&6 Step Left forward and across Right as you drop slightly, straighten up, drop slightly again. (knees bend & feet stay flat)
左足於右足前交叉踏略蹲, 伸直, 略蹲(雙膝彎曲)
- 7&8 Step Right forward and across Left as you drop slightly, straighten up, drop slightly again. (knees bend & feet stay flat)
右足於左足前交叉踏略蹲, 伸直, 略蹲(雙膝彎曲)

**第六段 Syncopated Jazz Box 1/4 , Sailor 1/4 , Jazz Box Cross.
變奏爵士方塊轉1/4, 水手轉1/4, 爵士方塊交叉**

- 1&2 Cross step Left over Right, make 1/4 turn Left stepping back on Right, step Left to Left side.
左足於右足前交叉踏, 左轉90度右足後踏, 左足左踏
- 3&4 Cross step Right behind Left, make 1/4 turn Left stepping forward Left, step forward on Right.
右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏
- 5-8 Cross step Left over Right, step back on Right, step Left to Left side, cross step Right over Left.
左足於右足前交叉踏, 右足後踏, 左足左踏, 右足於左足前交叉踏

**第七段 Side, Behind & Side, Behind, Cross, 1/4, Step.
側, 後 & 側, 後, 交叉, 1/4, 踏**

- 1-2 Step Left to Left side, cross step Right behind Left.
左足左踏, 右足於左足後交叉踏
- &3-4 Step Left to Left side, step Right to Right side, cross step Left behind Right. 左足左踏, 右足右踏, 左足於右足後交叉踏
- 5-6 Step Right to Right side, cross step Left over Right.
右足右踏, 左足於右足前交叉踏
- 7-8 Make 1/4 turn to Right stepping forward on Right, step forward Left.
右轉90度右足前踏, 左足前踏

**第八段 Mambo Step, Cross, 3/8 Turn, Rock Step, Back, 3/8 Turn.
曼波, 交叉, 3/8, 下沉回復, 後, 3/8**

- 1&2 Rock forward on Right, recover Left, step back on Right.
右足前下沉, 左足回復, 右足後踏
- 3-4 Cross/lock Left over Right, make 3/8 turn to Right stepping forward on Right. (1.30) 左足於右足前交叉鎖踏, 右轉135度右足前踏(面向1:30)
- 5-6 Rock forward on Left, recover on Right. 左足前下沉, 右足回復
- 7-8 Step back on Left, make 3/8 turn to Right stepping forward Right. (6.00) 左足後踏, 右轉135度右足前踏(面向6點鐘)
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