

Cool Cat (酷貓) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Francien Sittrop (NL) - 2010年08月
音乐: A Cool Cat In Town (feat. Brenda Boykin) - Tape Five : (CD: Tonight Josephine)



前奏 : Intro: Start after 3 Sec. 3秒後開始跳

- 第一段** **Toe Strut R,L, Side-Rock-Cross, Rocking Chair, Kick Ball Cross**
趾踵, 交叉趾踵, 曼波交叉, 搖椅步, 踢 併 交叉
- 1&2& Step R to R side, Step R down, Step L across R, Step L down
右足趾右踏, 右足踵踏, 左足趾於右足前交叉踏, 左足踵踏
- 3&4 Rock R to R side, Recover on L, Step R across L
右足右下沉, 左足回復, 右足於左足前交叉踏
- 5&6& Rock L fwd, Recover on R, Rock L back, Recover on R (facing L Diag.)
左足前下沉, 右足回復, 左足後下沉, 右足回復(面向左斜角)
- 7&8 Kick L fwd, Step L down, Step R across L
左足前踢, 左足踏, 右足於左足前交叉踏
- 第二段** **Toe Struts L,R, Side-Rock-Cross, Rocking Chair, Kick Ball Cross**
趾踵, 交叉趾踵, 曼波交叉, 搖椅步, 踢 併 交叉
- 1&2& Step L to L side, Step L down, Step R across L, Step R down
左足趾左踏, 左足踵踏, 右足趾於左足前交叉踏, 右足踵踏
- 3&4 Rock L to L side, Recover on R, Step L across R
左足左下沉, 右足回復, 左足於右足前交叉踏
- 5&6& Rock R fwd, Recover on L, Rock R back, Recover on L (facing R Diag.)
右足前下沉, 左足回復, 右足後下沉, 左足回復(面向右斜角)
- 7&8 Kick R fwd, Step R down, Step L across R
右足前踢, 右足踏, 左足於右足前交叉踏
- 第三段** **Charleston, Syncopated Lock steps, Scuff**
查爾斯頓步, 變奏鎖步二次, 擦踢
- 1-2 Touch R fwd, Step R back (facing 12 o'clock wall)
右足前點, 右足後踏(面向12點鐘)
- 3-4 Touch L back, Step L fwd 左足後點, 左足後踏
- 5&6 Step R Diag R fwd, Lock L behind R, Step R fwd
右足右斜前踏, 左足於右足後鎖踏, 右足前踏
- &7&8 Step L Diag. L fwd, Lock R behind L, Step L fwd, Scuff R
左足左斜前踏, 右足於左足後鎖踏, 左足前踏, 右足擦踢
- 第四段** **¼ L with Hip Bumps, Sailor ¼ L, Vaudeville L, Vaudeville ¼ L**
左轉90度推臀, 左1/4轉水手, 交叉 後 踵 收, 左1/4交叉 後 踵 收
- 1&2 Hitch R ¼ Turn L step R to R side with Hip bumps R,L,R (9.00)
右足抬左轉90度右足右踏右推臀, 左推臀, 右推臀(面向9點鐘)
- 3&4 Step L behind R, ¼ Turn L step R to R side, Step L to L side (6.00)
左足於右足後踏, 左轉90度右足右踏, 左足左踏(面向6點鐘)
- 5&6& Step R across L, Step L small step back, Touch R Heel fwd, Step R next to L 右足於左足前交叉踏, 左足略後踏,
右足踵前點, 右足併踏
- 7&8& Step L across R, Step R small Step Back, ¼ Turn L Touch L Heel fwd, Step L down (3.00)
左足於右足前交叉踏, 右足略後踏, 左轉90度左足踵前點, 左足踏(面向3點鐘)
- 第五段** **Toe Strut R,L, Low Kicks x2, Step Back, Touch, Side, Touch, Side, Touch, Side Shuffle ¼ L**
右趾踵, 左趾踵, 踢二次, 後, 點, 側, 點, 側, 點, 追步轉
- 1&2& Step R to R side, Step R down, Step L to L side, Step L down
右足趾右踏, 右足踵踏, 左足趾左踏, 左足踵踏
- 3& Kick R fwd x2 右足前踢二次

- 4& Step R back, Touch L next to R
右足後踏, 左足併點
- 5& Step L to L side, Touch R next to L
左足左踏, 右足併點
- 6& Step R to R side, Touch R next to L
右足右踏, 右足併點
- 7&8 Step L to L side, Step R next to L, ¼ Turn L step L fwd (12.00)
左足左踏, 右足併踏, 左轉90度左足前踏(面向12點鐘)

**第六段 Toe Touches fwd, Vine ¼ Turn R
趾踵三次, 趾繞, 右華倫轉1/4**

- 1&2& Touch R fwd, Step R down, Touch L fwd., Step L down
右足前點, 右足踏, 左足前點, 左足踏
- 3&4 Touch R fwd, Step R down, Touch L fwd.
右足前點, 右足踏, 左足前點
- 5&6& Sweep L behind R, Step R to R side, Step L across R, Step R to R side (making a ¼ Turn R)
左足繞至右足後踏, 右足右踏, 左足於右足前交叉踏, 右足右踏(右轉90度)
- 7&8 Step L behind R, Step R to R side, Step L across R (3.00)
左足於右足後踏, 右足右踏, 左足於右足前交叉踏(面向3點鐘)

第七段 Side Shuffle, Sailor ¼ L, Step fwd, Heel Bounces ½ Turn L, Behind-Side-Cross 右追步, 1/4轉水手, 踏踵彈轉1/2, 後旁前

- 1&2 Step R to R side, Step L next to R, Step R to R Side
右足右踏, 左足併踏, 右足右踏
- 3&4 Sweep L behind R, ¼ Turn L step R to R side, Step L to L side (12.00)
左足繞於右足後踏, 左轉90度右足右踏, 左足左踏(面向12點鐘)
- 5&6 Step R fwd and bounce Heels ½ Turn L (Weight ends on R) (6.00)
右足前踏, 踵彈二次左轉180度(重心在右足)(面向6點鐘)
- 7&8 Step L Behind R, Step R to R Side, Step L across R
左足於右足後踏, 右足右踏, 左足於右足前交叉踏

**第八段 Side-Rock-Cross, Side-Rock-Cross ¼ R, R Mambo, L Mambo
曼波交叉, 曼波轉1/4, 前曼波, 後曼波**

- 1&2 Step R to R side, Recover on L, Step R across L
右足右踏, 左足回復, 右足於左足前交叉踏
- 3&4 Rock L to L side, Recover on R with ¼ R, Step L fwd (9.00)
左足左下沉, 右足回復右轉90度, 左足前踏(面向9點鐘)
- 5&6 Rock R fwd, Recover on L, Step R back
右足前下沉, 左足回復, 右足後踏
- 7&8 Rock L back, Recover on R, Step L fwd
左足後下沉, 右足回復, 左足前踏

ENDING: Last wall ends on the Back wall. Step R across L and make ½ Turn L to Finish to the front wall.

結束：面向後面牆, 右足於左足前交叉踏, 左轉180度面向前面牆做結束
