

Caught In The Act (無處可逃) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ann Wood (UK) - 2004年02月
音乐: Who's Been Sleeping in My Bed - Glenn Frey



前奏: Start on vocals唱歌起跳

第一段 Right Kick Ball Cross X 2 Rock Rock Sailor Step 右踢交換交叉二次, 下沉回復 水手步

- 1 & 2 Kick Rt Foot Fwd Diagonally Rt, Step Rt Foot Down, Cross Step Left Foot Over Right 右足右斜角線前踢, 右足踏, 左足於右足前交叉踏
- 3 & 4 Repeat Counts 1 & 2 重覆 1&2 的動作
- 5 - 6 Rock Right Foot To Right Side, Recover Onto Left 右足右下沉, 左足回復
- 7 & 8 Step Rt Foot Behind Lt, Step Lt Beside Rt, Step Rt Foot Beside Lt 右足於左足後踏, 左足併踏, 右足併踏

第二段 Left Kick Ball Cross X 2 Rock Rock Sailor ¼ Turn 左踢交換交叉二次, 下沉回復 1/4轉水手步

- 9 & 10 Kick Lt Foot Fwd Diagonally Lt, Step Lt Foot Down, Cross Step Right Foot Over Left 左足左斜角線前踢, 左足踏, 右足於左足前交叉踏
- 11 & 12 Repeat Counts 9 & 10 重覆 1&2 的動作
- 13 - 14 Rock Left To Left Side, Recover Onto Right Foot 左足左下沉, 右足回復
- 15 & 16 Step Lt Foot Behind Rt, Step Rt Foot Down Making ¼ Turn Left, Step Lt Fwd 左足於右足後踏, 左轉90度右足踏, 左足前踏

第三段 Rock ,Rock ,Right Coaster Step, Rock ,Rock Triple ½ Turn To Left 下沉回復, 右海岸步, 下沉回復, 小三步左轉1/2

- 17 - 18 Rock Forward On Right, Rock Back On Left 右足前下沉, 左足後下沉
- 19 & 20 Step Back On Right Step Left Beside Right Step, Step Forward On Right 右足後踏, 左足併踏, 右足前踏
- 21 - 22 Rock Forward On Left, Rock Back On Right 左足前下沉, 右足後下沉
- 23 & 24 Shuffle ½ Turn Left Stepping Left, Right, Left (3 O'Clock) 左轉180度交換步-左, 右, 左(3點鐘)

第四段 Syncopated Forward Rock Steps, Back Left Shuffle, Rock Step 變奏前下沉回復, 左後交換步, 下沉回復

- 25 - 26 Rock Forward On Right, Rock Back On Left 右足前下沉, 左足後下沉
- & 27 - 28 Step Right Quickly Beside Left Rock Forward On Left Rock Back On Right 右足快速併踏, 左足前下沉, 右足後下沉
- 29 & 30 Shuffle Back Stepping Left, Right, Left 後交換步-左, 右, 左
- 31 - 32 Rock Back On Right, Rock Forward On Left 右足後下沉, 左足前下沉

第五段 Rt And Lt Touch Holds, Rt & Lt Heel Switches, Step Fwd, ¼ Pivot Turn Left 右 & 左 點候, 右 & 左 踵點踏, 前踏, 左轉1/4

- 33 – 34 Touch Rt To Rt Side, Hold One Count 右足右點, 候
- &35 – 36 Step Rt Down, Touch Lt To Lt Side, Hold For One Count
右足踏, 左足左點, 候
- & 37 & 38 Step Lt Down, Touch Rt Heel Fwd, Step Right Down, Touch Lt Heel Fwd
左足踏, 右足踵前點, 右足踏, 左足踵前點
- &39 – 40 Step Lt Down , Step Right Fwd Make ¼ Pivot Turn Left. (12 O' Clock)
左足踏, 左轉90度右足前踏(12點鐘)

**第六段 Cross Shuffle, Hinge Turn To Rt, Cross Rock ,Side Shuffle
交叉交換, 右鏈轉, 交叉下沉, 側交換**

- 41 &42 Cross Rt Over Left, Step Lt To Left, Cross Rt Over Left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 43 - 44 Make ¼ Turn Rt Stepping On Lt, Make 1/4 Turn Right Steppingrt Beside Lt 右轉90度左足踏, 右轉90度右足併踏
- 45 – 46 Cross Rock Left Over Rt Recover Onto Rt
左足於右足前交叉下沉, 右足回復
- 47 & 48 Side Shuffle To Left Stepping Lt, Rt, Lt
左交換步-左, 右, 左

第七段 Cross Touch, Slow Heel Jacks 交叉點, 慢速踵點踏

- 49-50 & Cross Step Rt Over Lt Touch Lt Toe To Rt Heel Step Lt Down
右足於左足前交叉踏, 左足趾於右足踵併點, 左足踏
- 51 – 52 Touch Rt Heel Diagonally Fwd, Hold 右足踵斜角前點, 候
- & 53 – 54 Step Down On Rt, Cross Lt Over Rt, Hold
右足踏, 左足於右足前交叉踏, 候
- & 55 – 56 Step Down On Rt, Touch Lt Heel Diagonally Forward, Hold
右足踏, 左足踵斜角線前點, 候

**第八段 Cross, ¼ Turn Rt, Coaster Step, Walk,Walk, Shuffle
交叉, 右轉1/4, 海岸步, 走, 走, 交換**

- &57 - 58 Step Lt Down, Cross Step Rt Over Lt, Make ¼ Turn Rt Stepping Back On Lt 左足踏, 右足於左足前交叉踏, 右轉90度左足後踏
- 59 & 60 Step Rt Back , Step Lt Beside Rt, Step Fwd Rt
右足後踏, 左足併踏, 右足前踏
- 61 – 62 Walk Forward Stepping Lt, Rt 前走步-左, 右
- 63 – 64 Shuffle fwd lt, rt, lt 前交換步-左, 右, 左
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