

Boyfriend Of The Year (年度男友) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Improver
编舞者: Yvonne Anderson (SCO) - 2009年01月
音乐: Favourite Boyfriend of the Year - The McClymonts



前奏: Start on Vocal 唱歌起跳

- 第一段** **RIGHT HEEL TOUCH FORWARD, HOOK, RIGHT HEEL TOUCH FORWARD, FLICK, STEP RIGHT FORWARD, TOUCH, STEP LEFT BACK, RIGHT KICK**
右踵前點, 勾, 右踵前點, 抬, 右前踏, 點, 左後踏, 右踢
- 1-4 Touch R heel forward, Hook R across left shin, Touch R heel forward, Flick R heel back [12]
右足踵前點, 右足於左小腿前勾, 右足踵前點, 右足踵後抬(12點鐘)
- 5-8 Step R forward, Touch L toes behind right, Step L back, Kick R forward [12] 右足前踏, 左足趾於右足後點, 左足後踏, 右足前踢(面向12點鐘)
- 第二段** **Right Coaster Cross, Hold, Side Rock, Recover Cross, Hold**
右海岸交叉, 候, 側下沉, 回復交叉, 候
- 1-4 Step R back, Step L beside R, Step R forward and across left, Hold [12] 右足後踏, 左足併踏, 右足於左足前交叉踏, 候(12點鐘)
- 5-8 Rock L to left, Recover weight on R, Step L across right, Hold [12] 左足左下沉, 右足回復, 左足於右足前交叉踏, 候(12點鐘)
- 第三段** **1/2 TURN LEFT, CROSS, HOLD, LEFT HEEL TOUCH FORWARD, HOOK, LEFT HEEL TOUCH FORWARD, FLICK**
左轉1/2, 交叉, 候, 左足踵前點, 勾, 左足踵前點, 抬
- 1-4 Make 1/4 turn left stepping R back, Make 1/4 turn left stepping L to side, step R across left, Hold [6]
左轉90度右足後踏, 左轉90度左足左踏, 右足於左足前交叉踏, 候(面向6點鐘)
- 5-8 Touch L heel forward, Hook L across right shin, Touch L heel forward, Flick L heel back [6]
左足踵前點, 左足於右小腿前勾, 左足踵前點, 左足踵後抬(面向6點鐘)
- 第四段** **Step Left Forward, Touch, Step Right Back, Left Kick, Left Coaster Step** 左前踏, 點, 右後踏, 左踢, 左海岸
- 1-4 Step L forward, Touch R toes behind left, Step R back, Kick L forward [6] 左足前踏, 右足趾於左足後點, 右足後踏, 左足前踢(面向6點鐘)
- 5-8 Step L back, Step R beside left, Step L forward, Hold [6]
左足後踏, 右足併踏, 左足前踏, 候(面向6點鐘)
- 第五段** **Forward Right Shuffle, Hold, Step ¼ Right, Cross, Hold**
右前交換, 候, 踏右1/4, 交叉, 候
- 1-4 Shuffle forward stepping R, L, R Hold [6]
前交換步-右, 左, 右, 候(面向6點鐘)
- 5-8 Step L forward, Make 1/4 turn right taking weight on R, Step L across right, Hold [9]
左足前踏, 右轉90度重心在右足, 左足於右足前交叉踏, 候(面向9點鐘)
- 第六段** **1/2 TURN LEFT, CROSS, HOLD, SIDE-TOGETHER-FORWARD (starting Rhumba Box), HOLD**
左1/2, 交叉, 候, 側-併-前(倫巴方塊), 候
- 1-4 Make 1/4 turn left stepping R back, Make 1/4 turn left stepping L to side, step R across left, Hold [3]
左轉90度右足後踏, 左轉90度左足左踏, 右足於左足前交叉踏, 候(3點鐘)

5-8 Step L to left, Step R beside left, Step L forward, Hold [3]
左足左踏, 右足併踏, 左足前踏, 候(面向3點鐘)

第七段 SIDE-TOGETHER-BACK (finishing Rhumba Box), HOLD, REVERSING HIP BUMPS, HOLD 側-併-後(倫巴方塊後半段), 候, 反向推臀, 候

1-4 Step R to right, Step L beside right, Step R back, Hold [3]
右足右踏, 左足併踏, 右足後踏, 候(面向3點鐘)

5-8 Step L back and bump hips back, Taking weight on R bump hips forward, Step L slightly back and bump hips back, Hold [3]
左足後踏後推臀, 重心在右足前推臀, 左足略後踏後推臀, 候(面向3點鐘)

第八段 REVERSING HIP BUMPS, HOLD, RUN FORWARD LEFT, RIGHT, LEFT, HOLD 反向推臀, 候, 前跑-左, 右, 左, 候

1-4 Step R back and bump hips back, Taking weight on L bump hips forward, Step R slightly back and bump hips back, Hold [3]
右足後踏後推臀, 重心至左足前推臀, 右足略後踏後擺臀, 候(3點鐘)

5-8 Run forward (bending knees if you want) L, R, L, Hold [3]
向前跑-左, 右, 左, 候(面向3點鐘)
