

Blame It On The Girls (該死的女孩) (zh) COPPER KNOB

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Blame It On the Girls - MIKA : (CD: The Boy Who Knew Too Much)



前奏 : Start just after vocals - 24 counts from the first heavy beat. 24拍後唱歌起跳

- 第一段 Vine Right, Cross, Side Rock, Cross, Hold,**
右華倫, 交叉, 側下沉 回復, 交叉, 候
- 1-4 Step R to R side. Cross step L behind R. Step R to R side. Cross step L over R.
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 5-8 Rock out on R to R side. Recover onto L. Cross step R over L. Hold.
右足右下沉, 左足回復, 右足於左足前交叉踏, 候
- 第二段 Side Left, Together, Forward, Hold, Step, Pivot ½ Turn Left, Step, Hold.** 左, 併, 前, 候, 踏, 轉, 踏, 候
- 1-4 Step L to L side. Step R next to L. Step forward on L. Hold.
左足左踏, 右足併踏, 左足前踏, 候
- 5-8 Step forward on R. Pivot ½ turn L. Step forward on R. Hold.
右足前踏, 左軸轉180度, 右足前踏, 候
- 第三段 Vine Left, Cross, Side Rock, Cross, Hold.**
左華倫, 交叉, 側下沉 回復, 交叉, 候
- 1-4 Step L to L side. Cross step R behind L. Step L to L side. Cross step R over L.
左足左踏, 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 5-8 Rock out to L side on L. Recover onto R. Cross step L over R. Hold.
左足左下沉, 右足回復, 左足於右足前交叉踏, 候
- 第四段 Toe, Heel, Kick Ball Cross, Toe Strut, Cross Toe Strut.**
趾, 踵, 踢 併 交叉, 趾 踵, 交叉趾 踵
- 1-2 Touch R toe next to L instep with toe turned in. Dig R heel next to L instep with toe turned out.
右足趾轉向內併點, 右足踵併踏足趾轉向外
- 3&4 Kick R to R diagonal. Step down on ball of R. Cross step L over R.
右足右斜角踢, 右足踏, 左足於右足前交叉踏
- 5-8 Step on ball of R to R side. Drop heel down. Cross step on ball of L in front R. Drop heel down.
右足趾右踏, 右足踵踏, 左足趾於右足前交叉踏, 左足踵踏
- 第五段 Chasse Right, Rock Back, Chasse Left, Rock Back.**
右追步, 後下沉 回復, 左追步, 後下沉 回復
- 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 Rock back on L. Recover onto R. 左足後下沉, 右足回復
- 5&6 Step L to L side. Step R next to L. Step L to L side.
左足左踏, 右足併踏, 左足左踏
- 7-8 Rock back on R. Recover onto L. 右足後下沉, 左足回復
- 第六段 Side Touch Right, Cross, Side Touch Left, Cross, Kick Ball Change, Step Pivot ½ Turn Left.** 右點, 交叉, 左點, 交叉, 踢 併 踏, 踏 轉

- 1-4 Touch R toe out to R side. Cross step R over L. Touch L toe out to L side. Cross step L over R.
右足趾右點, 右足於左足前交叉踏, 左足趾左點, 左足於右足前交叉踏
- 5&6 Kick R forward. Step down on ball of R. Step down on L.
右足前踢, 右足踏, 左足踏
- 7-8 Step forward on R. Pivot ½ turn L. 右足前踏, 左軸轉180度

第七段 Step, Hold, Full Turn Right, Step Pivot 1/4 Turn Right, Cross, Step Right. 踏, 候, 右轉圈, 踏轉1/4, 交叉, 右踏

- 1-2 Step forward on R. Hold. 右足前踏, 候
- 3-4 Turn ½ R stepping back on L. Turn ½ R stepping forward on R.
右轉180度左足後踏, 右轉180度右足前踏
- 5-6 Step forward on L. Pivot 1/4 turn R. 左足前踏, 右軸轉90度
- 7-8 Cross step L over R. Step R to R side.
左足於右足前交叉踏, 右足右踏

第八段 Cross Rock Back on Left, Side Step L, Cross Rock Back on Right, Side Step R, Syncopated Weave Right.

- 後交叉下沉 回復 左踏, 後交叉下沉 回復 右踏, 後 旁 前
- 1-3 Cross rock on L behind R. Recover onto R. Step L to L side.
左足於右足後交叉下沉, 右足回復, 左足左踏
- 4-6 Cross rock on R behind L. Recover onto L. Step R to R side.
右足於左足後交叉下沉, 左足回復, 右足右踏
- 7&8 Cross step L behind R. Step R to R side. Cross step L over R.
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
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