

Bobbi With An I (巴比和我) (zh)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver
编舞者: Rachael McEnaney (USA) - 2010年02月
音乐: Bobbi With an I - Phil Vassar : (CD: Travelling Circus)



前奏 : Count In: 32 counts from start of track

第一段 R Cross, L Side, R Sailor Step, L Cross, R Side, L Behind, R Side, L Cross 交叉, 侧, 水手步, 交叉, 侧, 后旁前

1-2 Cross right over left (1), step left to left side (2), [12.00]
右足於左足前交叉踏, 左足左踏(面向12點鐘)

3&4 Cross right behind left (3), step left next to right (&), step right to right side (4) (right sailor step) [12.00]
右足於左足後交叉踏, 左足併踏, 右足右踏(水手步)(面向12點鐘)

5-6 Cross left over right (5), step right to right side (6), [12.00]
左足於右足前交叉踏, 右足右踏(面向12點鐘)

7&8 Cross left behind right (7), step right to right side (&), cross left over right (8) [12.00]
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向12點鐘)

第二段 R Side Rock, R Crossing Shuffle, ¼ Turn Stepping Back, ¼ Turn Stepping To Side, L Shuffle 右下沉 回復, 交叉交換, 1/4後, 1/4側, 前交換

1-2 Rock right to right side (1), recover weight onto left (2) [12.00]
右足右下沉, 左足回復(面向12點鐘)

3&4 Cross right over left (3), step left to left side (&), cross right over left (4) [12.00]
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向12點鐘)

5-6 Make ¼ turn right stepping back on left (5), make ¼ turn right stepping right to right side (6) [6.00]
右轉90度左足後踏, 右轉90度右足右踏(面向6點鐘)

7&8 Step forward on left (7), step right next to left (7), step forward on left (8) [6.00] 左足前踏, 右足併踏, 左足前踏(面向6點鐘)

第三段 R Kick Step Touch L, L Kick Step Touch R, R Heel, L Heel, Step R, ¼ Pivot L 踢併點, 踢併點, 踵收踵收踏 轉1/4

1&2 Kick right foot forward (1), step right next to left (&), touch left to left side (2) [6.00] 右足前踢, 右足併踏, 左足左點(面向6點鐘)

3&4 Kick left foot forward (3), step left next to right (&), touch right to right side (4) [6.00] 左足前踢, 左足併踏, 右足右點(面向6點鐘)

5&6 Touch right heel forward (5), step right next to left (&), touch left heel forward (6) [6.00]
右足踵前點, 右足併踏, 左足踵前點(面向6點鐘)

&7-8 Step left next to right (&), step forward on right (7), pivot ¼ turn left (8) (weight ends on left) [3.00]
左足併踏, 右足前踏, 左軸轉90度重心在左足(面向3點鐘)

第四段 R Crossing Shuffle, ¼ Turn, ½ Turn, ¼ Turn Taking Big Step L, Hold, Ball Walk, Walk 交叉交換, 1/4, 1/2, 1/4左大步, 候, 併走走

1&2 Cross right over left (1), step left to left side (&), cross right over left (2) [3.00]
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向3點鐘)

3-4 Make ¼ turn right stepping back on left (3), make ½ turn right stepping forward on right (4) [12.00]
右轉90度左足後踏, 右轉180度右足前踏(面向12點鐘)

- 5-6 Make ¼ turn right taking big step to left side (5), hold (6), (as you hold drag right foot towards left) [3.00]
右轉90度左足左一大步, 候(右足拖併)(面向3點鐘)
- &7-8 Step in place with ball of right (&), step forward on left (7), step forward on right (8) [3.00] 右足踏, 左足前踏, 右足前踏(面向3點鐘)

第五段 L Rock Forward, Step Back L, Touch Right Heel, Hold, Close R, L Rock Forward, L Coaster Step
下沉 回復, 後踵點 候, 踏 下沉 回復, 海岸步

- 1-2 Rock forward on left (1), recover weight onto right (2) [3.00]
左足前下沉, 右足回復(面向3點鐘)
- &3-4 Step back on left (&), touch right heel forward (3), hold (4) [3.00]
左足後踏, 右足踵前點, 候(面向3點鐘)
- &5-6 Step in place with right (&), rock forward on left (5), recover weight onto right (6) [3.00] 右足踏, 左足前下沉, 右足回復(面向3點鐘)
- 7&8 Step back on left (7), step right next to left (&), step forward on left (8) [3.00] 左足後踏, 右足併踏, 左足前踏(面向3點鐘)

第六段 R Shuffle, Step L, ½ Pivot R, L Shuffle, Step R, ¼ Pivot L
前交換, 踏 轉, 前交換, 踏 轉1/4

- 1&2 Step forward on right (1), step left next to right (&), step forward on right (2) [3.00] 右足前踏, 左足併踏, 右足前踏(面向3點鐘)
- 3-4 Step forward on left (3), pivot ½ turn right (4) [9.00]
左足前踏, 右軸轉180度(面向9點鐘)
- 5&6 Step forward on left (5), step right next to left (&), step forward on left (6) [9.00] 左足前踏, 右足併踏, 左足前踏(面向9點鐘)
- 7-8 Step forward on right (7), pivot ¼ turn left (8) (weight ends left) [6.00] 右足前踏, 左軸轉90度重心在左足(面向6點鐘)
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