

Broken Hearted Girl (心碎女孩) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Teresa Lawrence (UK) & Vera Fisher (UK) - 2010年03月
音乐: Broken-Hearted Girl - Beyoncé



前奏: Start dance 16 counts in on vocals.

- 第一段 Step Side, Rock Replace, Side Rock Replace, ¼ Full Turn R, R Lock Back 侧踏, 下沉 回復, 侧 下沉 回復, 1/4 右轉圈, 後鎖步**
- 1-2&3 Step R to R side, rock back on L slightly behind R, replace weight to R, step L to L side 右足右踏, 左足於右足後下沉, 右足回復, 左足左踏
- 4&5 Rock back on R slightly behind L, replace weight to L, making ¼ turn R step fwd on R 右足於左足後下沉, 左足回復, 右轉90度右足前踏
- 6&7 Step fwd on L, pivot ½ turn R, spinning on R make a further ½ turn R and step back on L 左足前踏, 右軸轉180度, 右轉180度左足後踏
- 8&1 Step back on R, lock L over R, big step back on R dragging L back towards R (3) 右足後踏, 左足於右足前鎖踏, 右足後一大步左足拖併(面向3點鐘)
- 第二段 Coaster, Walk Walk, R Lock, Step, Press Sweep 海岸步, 走走, 鎖步, 踏, 壓踏 繞**
- 2&3,4-5 L coaster step, walk fwd R,L 左足海岸步, 右足前走, 左足前走
- 6&7 R lock fwd 右足前鎖步
- 8&1 Step fwd on L, bending L knee slightly press fwd on R, push up off of R replacing weight to L straightening L leg at same time sweep R out to side to bring it back (3) 左足前踏, 右足前壓踏左膝彎, 左足伸直回復右足繞至後
- 第三段 R Shuffle Back, Triple Full Turn L, Weave 後交換, 小三步轉圈, 藤步**
- 2&3,4&5 R shuffle back, triple full turn L on the spot stepping L,R,L 右足後交換, 原地小三步轉圈-左, 右, 左
- 6&7&8& Cross R behind L, step L to L side, cross R over L, step L to L side, cross R behind L, step L to L side (3) 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足左踏(面向3點鐘)
- 第四段 Cross Rock Replace Side X2, Step Fwd, Triple Full Turn, Mambo ¼ 交叉曼波二次, 踏, 小三步轉, 曼波轉1/4**
- 1-2& Cross rock R over L, replace weight to L, small step R to R side 右足於左足前交叉下沉, 左足回復, 右足略右踏
- 3-4& Cross rock L over R, replace weight to R, small step L to L side 左足於右足前交叉下沉, 右足回復, 左足略左踏
- 5-6&7 Step fwd on R, triple full turn R stepping L,R,L travelling fwd slightly 右足前踏, 小三步右轉圈-左, 右, 左 (向前移)
- 8&1 Rock fwd on R, replace weight to L, making a ¼ turn R step R out to R side (6) 右足前下沉, 左足回復, 右轉90度右足右踏(面向6點鐘)
- RESTART: Just the one on wall 5. You'll start wall 5 facing 12 o'clock wall. Dance up to section 4. You'll get to the end of section 4, the mambo ¼ turn and the "1" count will now become the start of the dance again facing the 6 o'clock Wall.**
第五面牆面向12點鐘, 跳至此, 最後曼波轉1/4, 剛好接續第一段第1拍的右足右踏, 面向6點鐘, 從頭起跳
- 第五段 Over Side Behind, Behind Side Cross, Sway Sway, Triple Full Turn 交叉 側後, 後 旁 前交叉, 擺臀 擺臀, 小三步轉**
- 2&3 Cross L over R, small step R to R side, cross L behind R at same time sweep R out to side and back 左足於右足前交叉踏, 右足略右踏, 左足於右足後交叉踏右足繞至後

- 4&5 Cross R behind L, small step L to L side, cross R over L
右足於左足後交叉踏, 左足略左踏
- 6-7 Step L out to L side swaying weight on to it, sway over to R side
左足左踏左擺臀, 右擺臀
- 8&1 Triple full turn L stepping L,R,L travelling to L side (6)
小三步左轉圈-左, 右, 左(向左移)
- 第六段 Sway Sway, Sailor ¼ Turn, L Lock, R Lock, ¼ Turn R Stepping Side L 擺臀, 擺臀, 1/4轉水手, 前鎖步-前鎖步-1/4**
- 2-3 Step R to R side swaying weight on to it, sway over to L side
右足右踏右擺臀, 左擺臀
- 4&5 Cross R behind L, making a ¼ turn R do small step to L side on L, small step fwd with R 右足於左足後交叉踏, 右轉90度左足略左踏, 右足略前踏
- 6&7&8&1 Step fwd on L, lock R behind L, step fwd L, step fwd on R, lock L behind R, step fwd on R, making ¼ turn R step L to L side (12)
左足前踏, 右足於左足後鎖踏, 左足前踏, 右足前踏, 左足於右足後鎖踏, 右足前踏, 右轉90度左足左踏(面向12點鐘)
- 第七段 "Twinkles" Back Point, Behind Side Step 華士步二次, 後點, 後旁前**
- 2&3 Cross R over L, small step back to L diagonal, step R to R side,
右足於左足前交叉踏, 左足斜角略後踏, 右足右踏
- 4&5 Cross L over R, small step back to R diagonal, step L to L side
左足於右足前交叉踏, 右足斜角略後踏, 左足左踏
- 6-7 Step back on R, point L to L side 右足後踏, 左足左點
- 8&1 Cross L behind R, small step R to R side, step fwd on L (12)
左足於右足後交叉踏, 右足略右踏, 左足前踏(面向12點鐘)
- 第八段 Rock Fwd Replace, Shuffle Back, Tap Back ½ Turn, ¼ Rock Replace 下沉 回復, 後交換, 後點 轉, 1/4下沉 回復**
- 2-3,4&5 Rock fwd on R, replace weight to L, shuffle back on R
右足前下沉, 左足回復, 後交換
- 6-7 Touch L toe back, make ½ turn L stepping fwd on L
左足趾後點, 左轉180度左足前踏
- 8& Making a further ¼ turn L rock out to R side, replace weight to L (3) 左轉90度右足右下沉, 左足回復(面向3點鐘)

ENDING: Will come in on wall 7. You'll be facing the 9 o'clock wall. The music will start to calm down, just continue dancing up to the coaster step in section 2; this will bring you to the 12 o'clock wall. Finish the coaster step with a big step fwd on the L and drag R up to it. Hold
結束在第七面牆, 面向9點鐘, 音樂會慢下來, 繼續跳到第二段的海岸步時會面向12點鐘, 海岸步最後最一個左足前大步, 右足拖併踏, 候, 結束舞曲
