

Beautiful Monster (蛇蠍美人) (zh)

COPPER KNOB
BY STEPHEN T. S.

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Niels Poulsen (DK) - 2010年10月
音乐: Beautiful Monster - Ne-Yo : (4:14)



前奏 : Intro: 32 counts from first beat in music (16 secs into track). Start on word KNIFE. Weight on L

- 第一段** **R Side Rock, Together, L Side Rock, L Cross Shuffle, & L Cross Rock**
右下沉, 回復-併-左下沉, 回復, 交叉交換帶右踏, 交叉下沉 回復
- 1-2& Rock R to R side (1), recover on L (2), bring R next to L (&) [12:00]
右足右下沉, 左足回復, 右足併踏(面向12點鐘)
- 3-4 Rock L to L side (3), recover on R (4)
左足左下沉, 右足回復
- 5&6& Cross L over R (5), step R to R side (&), cross L over R (6), step R to R side (&)
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏, 右足右踏
- 7-8 Cross rock L over R (7), recover on R (8) [12:00]
左足於右足前交叉下沉, 右足回復(面向12點鐘)
- 第二段** **L Chassé ¼ L, Step ½ L, L Full Turn, Step ½ L**
追步轉, 踏轉, 轉轉, 踏轉
- 1&2 Step L to L side, bring R next to L, turn ¼ L stepping fw on L [9:00]
左足左踏, 右足併踏, 左轉90度左足前踏(面向9點鐘)
- 3-4 Step fw on R, turn ½ L stepping onto L
右足前踏, 左轉180度左足踏
- 5-6 Turn ½ L stepping back on R (5), turn ½ L stepping fw on L (6) [3:00] 左轉180度右足後踏, 左轉180度左足前踏(面向3點鐘)
Non-turn option: walk R, walk L 簡易版-右足前走, 左足前走
- 7-8 Step fw on R, turn ½ L stepping onto L
右足前踏, 左轉180度左足踏
- 第三段** **Fw R, Kick L Fw, ¼ L Side Step, Point R, Side R, L Touch Ball Cross, ¼ R Back On L** 踏, 踢, 1/4, 右點, 右踏, 併點 後 交叉, 1/4
- 1-2 Step fw on R, kick L fw [9:00]
右足前踏, 左足前踢(面向9點鐘)
- 3-5 Turn ¼ L stepping L to L side, point R to R side, step R to R side 左轉90度左足左踏, 右足右點, 右足右踏
- 6&7 Touch L next to R, step back on ball of L foot, cross R over L [6:00] 左足併點, 左足後踏, 右足於左足前交叉踏(面向6點鐘)
- 8 Turn ¼ R stepping back on L [9:00]
右轉90度左足後踏(面向9點鐘)
- 第四段** **R Back Rock, ½ L, ¼ L Side, R Jazz Box, Cross**
後下沉 回復, 1/2 1/4, 爵士方塊交叉
- 1-2 Rock back on R, recover on L [9:00]
右足後下沉, 左足回復(面向9點鐘)
- 3-4 Turn ½ L stepping back on R, turn ¼ L stepping L to L side
左轉180度右足後踏, 左轉90度左足左踏
- 5-6 Cross R over L, step back on L
右足於左足前交叉踏, 左足後踏
- 7-8 Step R to R side, cross L over R
右足右踏, 左足於右足前交叉踏
- * **RESTART here on wall 7, facing 6:00**
第七面牆跳至此時, 面向6點鐘, 從頭起跳
- 第五段** **Big Step R, Drag, L Ball Cross, L Side Step, R Back Rock, R Kick Ball Cross** 右大步, 左拖併 後 交叉, 左, 後下沉, 回復, 踢併交叉

- 1-2 Step R a big step to R side, drag L towards R
右足右一大步, 左足拖併
- 8&3-4 Step small step back on ball of L foot, cross R over L, step L to L side 左足略後踏, 右足於左足前交叉踏, 左足左踏
- 5-6 Rock back on R, recover on L
右足後下沉, 左足回復
- 7&8 Kick R fw (7), step back on R (&), cross L over R (8)
右足前踢, 右足後踏, 左足於右足前交叉踏

*** RESTART here on wall 3, facing 12:00**
第三面牆跳至此時, 面向12點鐘, 從頭起跳

第六段 R Side Rock, R Back Rock, ¾ Box Turn, Side L
右下沉 回復, 後下沉 回復, 1/4 1/4 1/4 左踏

- 1-2 Rock R to R side, recover on L
右足右下沉, 左足回復
- 3-4 Rock back on R, recover on L [12:00]
右足後下沉, 左足回復(面向12點鐘)
- 5-6 Turn ¼ L stepping back on R, turn ¼ L stepping fw on L [6:00]
左轉90度右足後踏, 左轉90度左足前踏(面向6點鐘)
Styling: try to turn stiff-legged/robotic
試著轉動時, 像機器人那樣, 腿保持僵硬
- 7-8 Turn ¼ L stepping back on R, step L to L side
左轉90度右足後踏, 左足左踏
Styling: try to turn stiff-legged/robotic
試著轉動時, 像機器人那樣, 腿保持僵硬

第七段 R Cross Rock, ¼ R Fw R, ¼ R Side L, R Back Rock, ¼ L Back R, ¼ L Side L 交叉下沉 回復, 1/4 1/4, 後下沉 回復, 1/4 1/4

- 1-2 Cross rock R over L, recover on L [3:00]
右足於左足前交叉下沉, 左足回復(面向3點鐘)
- 3-4 Turn ¼ R stepping fw on R, turn ¼ R stepping L to L side
右轉90度右足前踏, 右轉90度左足左踏
- 5-6 Rock back on R, recover on L [9:00]
右足後下沉, 左足回復(面向9點鐘)
- 7-8 Turn ¼ L stepping back on R, turn ¼ L stepping L to L side
左轉90度右足後踏, 左轉90度左足左踏

第八段 R Jazz Box, R Chasse ¼ R, L Rock Fw, L Coaster Cross
爵士方塊, 追步轉, 下沉 回復, 海岸交叉

- 1-2 Cross R over L, step back on L [3:00]
右足於左足前交叉踏, 左足後踏(面向3點鐘)
- 3&4 Step R to R side, bring L next to R, turn ¼ R stepping fw on R 右足右踏, 左足併踏, 右轉90度右足前踏
- 5-6 Rock fw on L, recover on R 左足前下沉, 右足回復
- 7&8 Step back on L, step R next to L, cross L over R [6:00]
左足後踏, 右足併踏, 左足於右足前交叉踏(面向6點鐘)
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