

Be Brave (勇敢去愛) (zh)

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Robbie McGowan Hickie (UK) - 2007年11月
音乐: Brave - Jennifer Lopez



前奏: Start on Vocals - On the word Day

- 第一段** **Step Forward & Tap. Step Back with Hitch. Left Lock Step Back. Back Rock. Shuffle Full Turn Left.**
前踏點, 後踏抬, 左後鎖步, 後下沉, 交換步左轉圈
- 1&2 Step slightly forward on Left. Tap Right toe behind Left. Step back on Right - hitching Left knee up
左足前輕踏, 右足趾於左足後點, 右足後踏(左腳膝蓋抬起)
- 3&4 Step back on Left. Lock step Right across Left. Step back on Left
左足後踏, 右足於左足前鎖步, 左足後踏
- 5-6 Rock back on Right. Rock forward on Left
右足後下沉, 左足回復
- 7&8 Travelling forward...Right shuffle turning Full turn Left stepping Right. Left. Right 左前轉一圈-
右, 左, 右
- 第二段** **Cross Rock. Left Sailor 1/4 Turn Left. Step. Pivot 3/4 Turn Left. Right Chasse 1/4 Turn Right.**
交叉下沉, 左轉1/4水手步, 踏左轉3/4, 右追步右轉1/4
- 1-2 Cross rock Left over Right. Rock back on Right.
左足於右足前交叉下沉, 右足後下沉
- 3&4 Cross Left behind Right. Turn 1/4 turn Left stepping Right to Right side. Long step forward on Left.
左足於右足後交叉踏, 右轉90度右足右踏, 左足向前一大步
- 5-6 Step forward on Right. Pivot 3/4 turn Left.
右足前踏, 左轉270度
- 7&8 Step Right to Right side. Close Left beside Right. Turn 1/4 turn Right stepping forward on Right.
右足右踏, 左足併踏, 右轉90度右足前踏
- 第三段** **Hitch 3/4 Turn Right & Point. Cross. Point. Behind. 1/4 Turn Left. Step Forward. Left Shuffle Forward**
抬起右轉3/4 & 點, 交叉, 點, 後, 左轉1/4, 前踏, 左前交換步
- 8&1 Hitch Left knee up across Right turning 1/4 turn Right. Point Left toe out to Left side. 左膝蓋抬起
交叉於右足前右轉90度, 左足趾左點
- 8&2 Hitch Left knee up across Right turning 1/2 turn Right. Point Left toe out to Left side 左膝蓋抬起
交叉於右足前右轉180度, 左足趾左點
- 3-4 Cross step Left over Right. Point Right toe out to Right side. (Facing 12 o'clock) 左足於右足前交叉踏, 右足趾右點(面向12點鐘)
- 5&6 Cross Right behind Left. Turn 1/4 turn Left stepping forward on Left. Step forward on Right.
右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏
- 7&8 Left shuffle forward stepping Left. Right. Left. (Facing 9 o'clock)
左前交換步 左, 右, 左(面向9點鐘)
- 第四段** **Right Mambo Forward. Left Shuffle 1/2 Turn Left. Forward Rock. Right Coaster Cross. 右前曼波, 左轉1/2左交換步, 前下沉, 右海岸步**
- 1&2 Rock forward on Right. Rock back on Left. Step back on Right.
右足前下沉, 左足後下沉, 右足後踏

- 3&4 Left shuffle turning 1/2 turn Left stepping Left. Right. Left. (Facing 3 o'clock) 左轉180度左交換步左, 右, 左(面向3點鐘)
- 5-6 Rock forward on Right. Rock back on Left.
右足前下沉, 左足後下沉
- 7&8 Step back on Right. Step Left beside Right. Cross step Right over Left. 右足後踏, 左足併踏, 右足於左足前交叉踏

第五段 Side Toe Switches & 1/4 Turn Right. Point. Hitch. Cross. 2 x 1/4 Turns Left. Right Cross Shuffle. 交換側點 & 右轉1/4, 點, 抬, 交叉, 2次左轉1/4, 右交叉交換

- 1&2 Point Left toe out to Left side. Step Left beside Right. Point Right toe out to Right side. 左足趾左點, 左足併踏, 右足趾右點
- &3 Step Right beside Left turning 1/4 turn Right. Point Left toe out to Left side. 右足併踏右轉90度, 左足趾左點
- &4 Hitch Left knee up across Right. Cross step Left over Right. (Facing 6 o'clock) 左膝蓋抬起於右足前, 左足於右足前交叉踏(面向6點鐘)
- 5-6 Turn 1/4 turn Left stepping back on Right. Turn 1/4 turn Left stepping Left to Left side. 左轉90度右足後踏, 左轉90度左足左踏
- 7&8 Cross step Right over Left. Step Left to Left side. Cross step Right over Left. (Facing 12 o'clock) 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)

第六段 Side Rock 1/4 Turn Left. Left Shuffle Back. & Heel Jack & Touch. Right Scissor Step. 側下沉左轉1/4, 左後交換, & 踵 & 點, 右剪刀

- 1-2 Rock Left out to Left side. Recover weight on Right turning 1/4 turn Left. 右足左下沉, 右足回復左轉90度
- 3&4 Left shuffle back stepping Left. Right. Left.
左後交換步 左, 右, 左
- &5 Step back on Right. Touch Left heel forward
右足後踏, 左足踵前點
- &6 Step Left back to place. Touch Right toe beside Left.
左足回原地踏, 右足趾併點
- 7&8 Step Right to Right side. Close Left beside Right. Cross step Right over Left. (Facing 9 o'clock) 右足右踏, 左足併踏, 右足於左足前交叉踏(面向9點鐘)

第七段 Chasse Left. Cross Rock & 1/4 Turn Right. Full Turn Right. Left Shuffle Forward. 左追步, 交叉下沉 & 右轉1/4, 右轉圈, 左前交換

- 1&2 Step Left to Left side. Close Right beside Left. Step Left to Left side. 左足左踏, 右足併踏, 左足左踏
- 3&4 Cross rock Right over Left. Rock back on Left. Turn 1/4 turn Right stepping forward on Right 右足於左足前交叉下沉, 左足後下沉, 右轉90度右足前踏
- 5-6 Turn 1/2 turn Right stepping back on Left. Turn 1/2 turn Right stepping forward on Right 右轉180度左足後踏, 右轉180度右足前踏
- 7&8 Left shuffle forward stepping Left. Right. Left. (Facing 12 o'clock)
左前交換步 左, 右, 左(面向12點鐘)

第八段 Step. Pivot 1/2 Turn Left. Kick-Cross-Point (Right & Left). Cross Behind. Unwind 3/4 Turn Right. 踏 左轉1/2, 踢交叉點(右 & 左), 後交叉, 右繞3/4

- 1-2 Step forward on Right. Pivot 1/2 turn Left. (Facing 6 o'clock)
右足前踏, 左轉180度(面向6點鐘)
- 3&4 Kick Right forward. Cross step Right Forward over Left. Point Left toe out to Left side. 右足前踢, 右足於左足前交叉踏, 左足趾左點

- 5&6 Kick Left forward. Cross step Left Forward over Right. Point Right toe out to Right side. 左足前踢, 左足於右足前交叉踏, 右足趾右點
- 7-8 Cross Right behind Left. Unwind 3/4 turn Right. (Weight on Right) (Facing 3 o'clock) 右足於左足後交叉踏, 右旋繞270度(重心在右足) (面向3點鐘)
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