

Black Sweat (黑汗) (zh)

COPPER KNOB
STYLEDANCE

拍数: 64 墙数: 4 级数: Intermediate/Advanced
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音乐: Black Sweat - Prince : (CD: 3121)



前奏 : Intro: 64 counts 64拍後起跳

Part A: 64 counts A部份 : 64拍

- 第一段 Behind, Forward, Out, Ball Side, Hold, Heel Swivels**
後, 1/4, 左, 候, 併左, 候, 旋轉足踵
- 1&2,3 Weight starts on Right. Step Left behind Right, 1/4 turn right stepping Forward on Right, step Left to left, hold.
左足於右足後踏, 右轉90度右足前踏, 左足左踏, 候
- 8&4 Step Right to center, step Left to left
右足回踏, 左足左踏
- 5&6 Cross Right over Left, step back on Left, step forward on Right
右足於左足前交叉踏, 左足後踏, 右足前踏
- 7 Hold. 候
- 8&8 Swivel heels right, then back to center
雙足踵轉向右, 雙足踵轉回
- 第二段 Rock, Recover, Coaster, Walk 1/2 Turn Left Out Out, Hold, Knee Pops**
下沉 回復, 海岸步, 踏 反轉大大, 候, 膝彈
- 1,2 Press Right foot into a forward rock, recover
右足前壓下沉, 左足回復
- 3&4 Step back on Right, Left together, forward on Right
右足後踏, 左足併踏, 右足前踏
- 5&6 Step forward Left, 1/2 turn left stepping Right to right, Left to left. 左足前踏, 左轉180度右足右踏, 左足左踏
- 7 Hold 候
- 8&8 Transfer weight to Right popping Left knee up, transfer weight back to Left popping Right knee up 重心在右足左膝彈, 重心在左足右膝彈
- 第三段 Right Sailor, Left Sailor, Hood 3/4 Turn Out Out, Hold, Foot Swivels**
右水手, 左水手, 3/4勾 大大, 候, 旋轉雙足
- 1&2 Cross Right foot behind Left, step Left to left, step Right to right.
右足於左足後交叉踏, 左足左踏, 右足右踏
- 3&4 Cross Left foot behind Right, step Right to right, step Left to left.
左足於右足後交叉踏, 右足右踏, 左足左踏
- 5&6 Hook Right foot making a 3/4 turn right, step out right, left.
右轉270度右足勾, 右足右踏, 左足左踏
- 7 Hold 候
- 8&8 Swivel feet to left with Left heel down and Left toe up, Right heel down and Right toe up. 雙足轉向左, 足踵踏, 足趾抬
- 第四段 Push Right, Left, 1/4 Shuffle, 1/2 Pivot Turn, Step Left, Right, Touch, Hold, Knee Pop** 推右, 推左, 1/4轉交換, 1/2踏 踏點, 候, 膝彈
- 1,2 "Push" Right out stepping Right to right, "push" Left out stepping Left to left 右足推向右, 左足推向左
- 3&4 1/4 turn right shuffling Right, Left, Right
右90度轉交換-右, 左, 右
- 5&6 1/2 pivot turn, step Left, Right, touch Left next to Right
左轉180度左足踏, 右足踏, 左足併點
- 7 Hold 候

&8 Transfer weight onto Left popping Right knee up, transfer weight back to Right popping Left knee up.
重心移至左足右膝彈, 重心至右足左膝彈

第五段 Walk Left, Right, 3/4 Turn Hold, Ball Side, Cross Rock Recover, Right
走走, 踏 1/2 1/4, 候 併 左, 交叉曼波

1,2 Walk forward Left, Right 左足前走, 右足前走

3&4 Step Left forward, 1/2 pivot turn right, making a 1/4 turn right step Left to left 左足前踏, 右軸轉180度, 右轉90度左足左踏

5 Hold 候

&6 Step on ball of right, step Left to left. 右足踏, 左足左踏

7&8 Cross rock Right over Left, recover weight to Left, step Right to right 右足於左足前交叉下沉, 左足回復, 右足右踏

第六段 Cross, 1/4 Turn, Full Turn, Walk Right, Left, Hold, Ball Side
交叉 1/4, 轉 踏 轉, 走走, 候 併 踏

1,2 Cross Left over Right, 1/4 turn left stepping back on Right
左足於右足前交叉踏, 左轉90度右足後踏

3&4 Swing Left 1/2 turn left, step forward on Right, pivot 1/2 left
左轉180度, 右足前踏, 左軸轉180度

5,6 Step forward Right, Left 右足前踏, 左足前踏

7 Hold 候

&8 Ball step Right to center, Left foot forward
右足回踏, 左足前踏

第七段 Forward Right, 1/4 Turn Left, Switches Left, Right, Hook 1/2 Turn Out Out, Crossing Jump, Recover
踏 1/4, 踏 點 踏 點, 轉 勾 大 大, 交叉踏 回復

1,2 Step Right forward, 1/4 turn left
右足前踏, 左轉90度

&3 Bring Right to center and point Left to left
右足回踏, 左足左點

&4 Bring Left to center and point Right to right
左足回踏, 右足右點

5&6 Hook Right making 1/2 turn right, stepping Right to right, Left to left 右轉180度右足勾, 右足右踏, 左足左踏

&7&8 Jump, crossing Right over Left, then jump feet back to starting position, shoulder width apart
跳, 右足於左足前交叉踏, 後跳, 後跳與肩同寬

第八段 1/4 Turn Right, 1/4 Right, 1/4 Right Shuffle, Forward On Left, 1/2 Turn, Left Shuffle 1/4 1/4, 1/4轉交換, 踏 轉, 轉交換

1,2 1/4 turn right stepping forward on Right, 1/4 turn right stepping forward on Left 右轉90度右足前踏, 右轉90度左足前踏

3&4 1/4 right turn shuffling Right, Left, Right
右90度轉交換-右, 左, 右

5,6 Step forward Left, 1/2 turn left stepping back on Right
左足前踏, 左轉180度右足後踏

7&8 Shuffle 1/2 turn left, Left, Right, Left
左180度轉交換-左, 右, 左

Part B: 40 Counts B部份 : 40拍

第一段 Hip Bumps X4, ¾ Turn, Drag Ball Cross 推臀, 1/2 1/4, 拖 併 交叉

1&2 Step right foot ¼ turn to the right side while bumping your hips right left right 右足踏右轉90度帶推臀-右, 左, 右

3&4 While bumping your hips Left Right Left make ¼ turn Left
推臀-左, 右, 左, 並左轉90度

5& Step Right foot forward, make ½ pivot turn over the left shoulder weight on the left 右足前踏, 左軸轉180度
重心在左足

- 6 Making a 1/4 turn left, step right to right side, drag left into right 左轉90度右足右踏左足拖併
 7 Hold 候
 &8 Left steps next to right and right crosses over
 左足併踏, 右足於左足前交叉踏

第二段 Side Touch X2, Step Out X3, Forward 側點二次, 大大大, 1/4踏

- 1 Step left foot to the side 左足左踏
 2 Touch right behind left 右足於左足後點
 3 While pivoting on left leg make ¼ turn right touching right beside left 右軸轉90度右足併點
 4 Hold 候
 5 Step right out to right side 右足右踏
 6 Step left out to left side 左足左踏
 7 Step right out to right side 右足右踏
 8 make ¼ turn left forward 左轉90度左足前踏

**第三段 Step ½ Turn X2, Out X2, Run X4, Step Forward
 踏轉, 踏轉, 大大, 跑步4次, 踏**

- 1 Step right foot forward 右足前踏
 2 ½ pivot turn over left shoulder, weight on left foot
 左軸轉180度重心在左足
 3 step right foot forward 右足前踏
 &4 On the ball of the right foot make a 1/2 turn over left shoulder, pivoting on the right leg stepping out on Left,
 touching Right to right (weight remains on Left)
 重心在右足左轉180度左足左踏, 右足右點(重心在左足)
 5& (optional-With knees slightly bent) run forward right left
 (可選擇雙膝略彎)右足前跑, 左足前跑
 6& (optional-With knees slightly bent) run forward right left
 (可選擇雙膝略彎)右足前跑, 左足前跑
 7 Hold 候
 8 Step right foot forward 右足前踏

**第四段 Walk X2, ½ Pivot Turn, ¼ Turn, Side Ball Cross
 走走, 踏轉踏, 轉轉 1/4, 側併交叉**

- 1 step left foot forward 左足前踏
 2 step right foot forward 右足前踏
 3&4 step left foot forward make a ½ pivot turn over the right shoulder (weight on right) step left foot forward
 左足前踏, 右軸轉180度(重心在右足), 左足前踏
 5& while making a ½ turn over the left shoulder step right back, make another ½ turn over left shoulder
 stepping left forward
 左轉180度右足後踏, 左轉180度左足前踏
 6-7 Making 1/4 turn left, step right to right side, drag left foot in, Hold 左轉90度右足右踏左足拖併, 候
 &8 Left steps next to right and right crosses over
 左足併踏, 右足於左足前交叉踏

**第五段 Step Back, Full Turn, Reverse Turn Back, Side Together Side
 1/4後, 轉圈, 反轉後, 右追步**

- 1 Making a 1/4 turn right, step back on left 右轉90度左足後踏
 2 1/2 turn right stepping forward on Right 右轉180度右足前踏
 3&4 step left foot forward, ½ pivot turn over right shoulder (weight on right), step left foot forward
 左足前踏, 右軸轉180度(重心在右足), 左足前踏
 5 Making a 1/2 turn left step back on Right 左轉180度右足後踏
 6 step left back 左足後踏
 7&8 step right foot to the side, step left foot next to right, right foot to the side 右足右踏, 左足併踏, 右足右踏

