

Soul Control (擁抱靈魂) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maria Louise (UK) - 2008年06月
音乐: Dance Wiv Me (feat. Calvin Harris & Chrome) - Dizzee Rascal



前奏 : Intro: 32 Count Intro 32拍後起跳

第一段 Point & Point & Scuff Hitch Side & Cross, Side, Sailor ¼ Heel 點 併 點 併 擦踢 抬 側 併 交叉, 側, 1/4轉水手踵點

- 1&2& Point R to R side, step R next to L, point L to L side, step L next to R 右足右點, 右足併踏, 左足左點, 左足併踏
- 3&4&5 Scuff R, hitch R, step R to R side, step L next to R, cross R over L 右足前擦踢, 右足抬, 右足右踏, 左足併踏, 右足於左足前交叉踏
- 6 Step L to L side 左足左踏
- 7&8 Step R behind L, make ¼ turn R step L next to R, point R heel fwd (3) 右足於左足後踏, 右轉90度左足併踏, 右足踵前點(面向3點鐘)

第二段 (&) Walk Walk, Locking Shuffle, Step, ¼ Rock & Cross & Cross 併 走 走, 前鎖步, 踏, 1/4下沉回復 交叉 踏 交叉

- &1-2 Step R next to L, walk fwd on L, walk fwd on R 右足併踏, 左足前走, 右足前走
- 3&4 Step fwd on L, lock R behind L, step fwd on L 左足前踏, 右足於左足後鎖踏, 左足前踏
- 5 Step fwd on R 右足前踏
- 6&7&8 Make ¼ turn R rock L to L side, recover on R, cross L over R, small step R to R side, cross L over R (6:00)
右轉90度左足左下沉, 右足回復, 左足於右足前交叉踏, 右足略右踏, 左足於右足前交叉踏(面向6點鐘)

第三段 Side, Rock & Side, Rock & Point & Point, & Kick Ball Step 側, 下沉回復側踏, 下沉回復點併點, 併踢交叉交換

- 1 Step R to R side 右足右踏
- 2&3 Cross rock L behind R, recover on R, step L to L side 左足於右足後交叉下沉, 右足回復, 左足左踏
- 4&5&6 Cross rock R behind L, recover on L, Point R to R side, step R next to L, point L to L side 右足於左足後交叉下沉, 左足回復, 右足右點, 右足併踏, 左足左點
- &7&8 Step L next to R, kick fwd on R, step R next to L, step fwd on L 左足併踏, 右足前踢, 右足併踏, 左足前踏

第四段 Heel & Toe & Toe, ¼ Side, Rock & Rock & Weave 踵 併 趾 併 趾, 1/4, 下沉回復 下沉回復 藤步

- 1&2&3 Point R heel fwd, step R next to L, point L toe back, step L next to R, point R toe back 右足踵前點, 右足併踏, 左足趾後點, 左足併踏, 右足趾後點
- 4 Make ¼ turn R step on R (9:00)
右轉90度右足踏(面向9點鐘)
- 5&6& Rock fwd on L, recover on R, rock L to L side, recover on R 左足前下沉, 右足回復, 左足左下沉, 右足回復
- 7&8 Step L behind R, step R to R side, cross L over R 左足於右足後踏, 右足右踏, 左足於右足前交叉踏

