

Sweet Sister (甜蜜小姐) (zh)

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sadiya Heggernes (NOR/UK) - 2010年02月
音乐: Hey, Soul Sister - Train : (CD: Save Me, San Francisco)



前奏 : 32 count intro – start on main vocals

第一段 Hip Sways, ¼ Turn, Shuffle Forward, Step, Full Turn, Step 擺臀, 1/4前交換, 踏, 轉轉踏

- 1-3 Small step on right diagonal swaying hips right-left-right
右足略右斜前踏擺臀-右, 左, 右
- 4&5 ¼ turn left step forward on left. Close right beside left. step forward on left (9.00) 左轉90度左足前踏, 右足併踏, 左足前踏(面向9點鐘)
- 6 Step forward on right 右足前踏
- 7&8 ½ turn right step back on left. ½ turn right step forward on right. Step forward on left 右轉180度左足後踏, 右轉180度右足前踏, 左足前踏

第二段 Step, Rock Forward, Chasse ¼ Turn, Shuffle Forward, Step, Pivot, Step 併, 下沉 回復, 1/4左追步, 前交換, 踏轉

- 8&1-2 Small step right beside left. Rock forward on left. Recover weight onto right 右足併踏, 左足前下沉, 右足回復
- 3&4 ¼ turn left step left to side. Close right beside left. Step left to side (6.00) 左轉90度左足左踏, 右足併踏, 左足左踏(面向6點鐘)
- 5&6 Step forward on right. Close left beside right. Step forward on right
右足前踏, 左足併踏, 右足前踏
- 7&8 Step forward on left. Make ½ pivot right. Step forward on left (12.00) 左足前踏, 右軸轉180度, 左足前踏(面向12點鐘)

第三段 Diagonal Toe Struts, ¼ Turn, Side, Step, Kick Ball Touch, Sailor ½ Turn 斜角趾踵, 1/4, 側, 踏, 踢併點, 轉水手

- 1& Step right toe to right diagonal. Step down on right heel
右足趾右斜角點, 右足踵踏
- 2& Cross left toe over right. Step down on left heel
左足趾於右足前交叉點, 左足踵踏
- 3&4 ¼ turn left stepping back on right. Step left to side. Step forward on right (9.00) 左轉90度右足後踏, 左足左踏, 右足前踏(面向9點鐘)
- 5&6 Kick left forward. Step down on left. Touch right to side
左足前踢, 左足踏, 右足右點
- 7&8 1/4 turn to right crossing right behind left. 1/4 turn right stepping left next to right, step forward on right. (3.00)
右轉90度右足於左足後交叉踏, 右轉90度左足併踏, 右足前踏(面向3點鐘)

第四段 Step, Rock Forward, Coaster Step, Side Rock Touch, Run back with Hitch 併, 下沉 回復, 海岸步, 側下沉 回復點, 後跑步帶抬

- 8&1-2 Small step left beside right. Rock forward on right. Recover weight onto left 左足併踏, 右足前下沉, 左足回復
- 3&4 Step back on right. Step left beside right. Step forward on right
右足後踏, 左足併踏, 右足前踏
- 5&6 Rock left to side. Recover weight onto right. Touch left beside right
左足左下沉, 右足回復, 左足併點
- 7&8 Run back left-right-left hitching right knee beside left
左足後跑, 右足後跑, 左足後跑右膝抬靠左足

ENDING: You will be facing 6.00: Cross right over left, unwind ½ turn left to face 12:00 結束:面向6點鐘:右足於左足前交叉踏, 左繞轉面向12點鐘

