

She's Got Me (她擁有我) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Paul McAdam (UK)
音乐: She's Got Me - Mark Ronson : (3:49)



- 第一段** **2 X WALKS, ANCHOR STEP, ½ TURN X2, COASTER STEP**
走 走, 定點三步踏, 轉 轉, 海岸步
- 1,2 Walk Forward On Left Foot, Walk Forward On Right Foot
左足前走, 右足前走
- 3&4 Step Left Foot Behind Right Foot, Step Right Foot In Place, Step Left Foot In Place 左足於右足後踏, 右足踏, 左足踏
- 5,6 Make A ½ Turn Right And Step Forward On Right Foot, Make A ½ Turn Right And Step Back On Left Foot
右轉180度右足前踏, 右轉180度左足後踏
- 7&8 Step Back On Right Foot, Step Left Foot Next To Right, Step Forward On Right Foot 右足後踏, 左足併踏, 右足前踏
- 第二段** **Turn Ball Cross, ¼ Turn Step Forward, Right Shuffle, Step Pivot ½ Turn, Step, Anchor Step 1/4**
交叉, 1/4, 前交換, 踏 轉 踏, 定點三步踏
- &1,2 Make A ¼ Turn Right And Step Ball Of Left Foot To Left Side, Cross Right Foot Over Left, Turning Body Slightly Right, Make A ¼ Turn Left And Step Forward On Left
右轉90度左足左踏, 右足於左足前交叉踏身體略轉向右, 左轉90度左足前踏
- 3&4 Right Shuffle Forward 右足前交換
- 5&6 Step Forward On Left Foot, Pivot ½ Turn Right, Step Forward On Left Foot
左足前踏, 右軸轉180度, 左足前踏
- 7&8 Step Right Foot Behind Left Foot, Step Left Foot In Place, Step Right Foot In Place 右足於左足後踏, 左足踏, 右足踏
- 第三段** **¼ Turn Cross, Back Cross, Side ¼ Turn, Behind ¼ Turn, 2 X Walks Back**
1/4 交叉, 1/4後 交叉 側, 後 1/4 踏, 後走 後走
- 1,2 Make A ¼ Turn Right And Step Back On Left Foot, Cross Right Foot Over Left 右轉90度左足後踏, 右足於左足前交叉踏
- 3&4 Make A ¼ Turn Right And Step Back On Left Foot, Cross Right Foot Over Left, Step Left Foot To Left Side
右轉90度左足後踏, 右足於左足前交叉踏, 左足左踏
- 5&6 Cross Right Foot Behind Left, Make A ¼ Turn Left And Step 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 Walk Back On Left Foot, Walk Back On Right
左足後走, 右足後走
- 第四段** **Back, Side, Touch & Cross, Side Rock, Cross, ¼ Turn, Weave**
後, 旁, 前點 收 交叉, 左曼波交叉, 左1/4後, 左華倫
- 1&2 Step Back On Left Foot, Step Right Foot To Right Side, Touch Left Toe Forward 左足後踏, 右足右踏, 左足趾前點
- &3 Step Ball Of Left Foot Down, Cross Right Foot Over Left
左足踏, 右足於左足前交叉踏

- 4&5 Rock Left Foot Out To Left Side, Recover Weight Onto Right, Cross Left Foot Over Right 左足左下沉, 右足回復, 左足於右足前交叉踏
- 6 Make A $\frac{1}{4}$ Turn Left And Step Back On Right Foot 左轉90度右足後踏
- 7&8& Step Left Foot To Left Side, Cross Right Foot Over Left, Step Left Foot To Left Side, Cross Right Foot Behind Left 左足左踏, 右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏
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