

# Sister Kate (凱特姐姐) (zh)

COPPER KNOB  
STYLEDANCE

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Ria Vos (NL) - 2009年05月  
音乐: Sister Kate - The Ditty Bops



前奏: Intro: 8 counts from first beat 8拍後起跳

- 第一段**      **Toe Struts R & L, Kick-Ball-Step, Pivot ½ Turn R, ¼ Turn R Step Side, Point Back, Kick-Ball-Cross**  
趾踵步-右, 左, 踢-併-踏, 右1/2, 右1/4側踏, 後點, 踢-併-交叉
- 1&2&      R Toe Strut Fwd, L Toe Strut Fwd (Shimmy Shoulders)  
右前趾踵步, 左前趾踵步(雙肩擺動)
- 3&4      R Kick Fwd, Step on Ball of R Next to L, Step Fwd on L  
右足前踢, 右足併踏, 左足前踏
- 5      Pivot ½ Turn Right 右軸轉180度(面向6點鐘)
- 6-7      Turn ¼ Right Step L Long Step to Left Side, Point R Behind L (Option: Throw Arms Left)  
右轉90度左足左一大步(面向9點鐘), 右足於左足後點(雙手向左甩)
- 8&1      R Kick to Right Diagonal, Step on Ball of R Next to L, Cross L over R 右足右斜前踢, 右足併踏, 左足於右足前交叉踏
- 第二段**      **Heel Jack with Heel Grind, Rock Back, Rec., Touch, Knee Split, Kick-Out-Out 踵併踵轉, 後下沉回復, 點, 膝分合, 踢外外**
- &2      Step R Slightly to Right Side, Touch L Heel to Left Diagonal  
右足略右踏, 左足踵左斜前點
- &3&      Step L next to R, Heel Grind R Over L, Step L to Left Side  
左足併踏, 右足踵於左足前轉, 左足左踏
- 4-5      Rock Back on R (Sticking Bum Out), Recover on L  
右足後下沉(推臀), 左足回復
- &6&      Touch R Next to L, Split Knees Apart, Bring Knees Together  
右足併點, 雙膝分開, 雙膝合併
- 7&8      Kick R Fwd, Step R Out to Right Side, Step L Out to Left Side (Feet Shoulder Width Apart)右足前踢, 右足右踏, 左足左踏(與肩同寬)
- 第三段**      **Swivets, Toe Struts Backwards, Coaster Step, Triple Full Turn Right**  
旋轉, 趾踵後踏, 海岸步, 右小三步轉圈
- 1&      Weight on L Toe and R Heel Twist Both Feet So Toes are Pointing Right, Recover to Centre(重心在左足趾和右足踵)雙腳轉向右, 回復
- 2&      Weight on R Toe and L heel Twist Both Feet So Toes are Pointing Left, Recover to Centre(重心在右足趾和左足踵)雙腳轉向左, 回復
- 3&4&      R Toe Strut Backwards (Option: Klick Fingers R), L Toe Strut Backwards (Option: Klick Fingers L)  
右足趾後踏(右手指彈), 左足趾踵後踏(左手指彈)
- 5&6      Step Back on R, Step L Next to R, Step Fwd on R  
右足後踏, 左足併踏, 右足前踏
- 7&8      Turn ½ Right Step Back on L, Turn ½ Right Step Fwd on R, Step Fwd on L 右轉180度左足後踏, 右轉180度右足前踏, 左足前踏
- 第四段**      **Pivot ¼ Turn Left x2, Charleston Step**  
左踏轉1/4二次, 查爾斯頓步
- 1-2      Step Fwd on R, Pivot ¼ Turn L 右足前踏, 左轉90度
- 3-4      Step Fwd on R, Pivot ¼ Turn L 右足前踏, 左轉90度
- 5-6      Touch R Toe Fwd, Step Back on R 右足趾前點, 右足後踏
- 7-8      Touch L Toe Backwards, Step Fwd on L 左足趾後點, 左足前踏

**TAG:** AFTER wall 1 (3:00), 3 (9:00) and 6 (6:00)

加拍：第一面牆(面向3點鐘), 第三面牆(面向9點鐘), 第六面牆(面向6點鐘)

(Tags OCCUR after every vocal part) 每次加拍都落在唱歌最後段

1-4 Repeat Last 4 Counts (Charleston Step) 重覆最後的查爾斯頓步

**ENDING:** You will end on Count 16 (Kick-Out-Out), Turn  $\frac{1}{4}$  Left after the Kick, so the Out-Out Steps will be facing front (12:00)

結束在第二段結束(踢-外-外), 在踢之後左轉90度再外-外會面向12點鐘做結束

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