

Show Me Yours (秀出自我) (zh)

COPPER KNOB
STEPSHEDS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Maggie Gallagher (UK) - 2007年01月
音乐: Show Me Yours - Rick Guard : (Album: Hands Of A Giant)



前奏 : 48 counts 48拍後開始起跳

- 第一段** **Step, 1/2 Pivot Left, Walk, 1/2 Pivot Right, 1/2 Shuffle Right, Left Ronde, Step** 踏, 左轉1/2, 走, 右轉1/2, 轉交換, 繞, 交叉
- 1,2 Step Forward On Right, Make 1/2 Pivot Turn Left [6] 右足前踏, 左轉180度(6點鐘)
- 3,4 Walk Forward On Right, Make 1/2 Turn Right Stepping Back On Left [12] 右足前走步, 右轉180度左足後踏(12點鐘)
- 5&6 Make 1/2 Shuffle Turn Right [6] 右轉180度交換步(6點鐘)
- 7,8 Ronde Sweep Left Across Right, Step Onto Left Across Right 左足旋繞至右足前, 左足於右足前交叉踏
- 第二段** **Side Rock, Recover, Right Sailor, Point Back, 1/2 Unwind, Right Kick-Ball-Change** 側下沉, 回復, 右水手步, 後點, 繞1/2, 右踢交換步
- 1,2 Rock Out To Right Side, Recover Onto Left 右足右下沉, 左足回復
- 3&4 Right Sailor Step 右水手步
- 5,6 Point Left Toe Back, Unwind 1/2 Turn Left (Weight Forward Onto Left) [12] 左足趾後點, 左繞180度(左足重心移向前)
- 7&8 Right Kick-Ball-Change 右踢交換步
- 第三段** **Step, Touch, Place, Touch, Hold, Back, Touch, Back, Touch, Rock Back, Recover** 踏, 點, 原地, 點, 候, 後, 點, 後, 點, 後下沉, 回復
- 1,2 Step Forward On Right, Touch Left Next To Right 右足前踏, 左足併點
- &3 Place Weight Onto Left, Touch Right Next To Left 左足原地點, 右足併點
- 4 Hold 候
- &5 Step Back On Right, Touch Left Next To Right 左足後踏, 左足併點
- &6 Step Back On Left, Touch Right Next To Left 左足後踏, 右足併點
- 7,8 Rock Back On Right, Recover Onto Left 右足後下沉, 左足回復
- 第四段** **Step, 1/4 Right With Left Point, Left Cross, Right Point, Rolling Vine Right, Left Touch** 踏, 右轉1/4左足點, 左足交叉, 右足點, 右華倫步, 左足點
- 1,2 Step Forward On Right, Make 1/4 Turn Right Pointing Left Toe To Left Side [3] 右足前踏, 右轉90度左足左點(3點鐘)
- 3,4 Cross Left Over Right, Point Right Toe To Right Side 左足於右足前交叉踏, 右足趾右點
- 5,6,7 Rolling Vine To Right Side [3] 向右轉華倫步(3點鐘)
- 8 Touch Left Next To Right With A Clap Of The Hands 左足併點, 拍手
- 第五段** **Left Lock, Left Lock Step, Step, 1/2 Pivot Left, Right Shuffle** 左鎖步, 左鎖踏, 踏, 左轉1/2, 右交換步
- 1,2 Step Forward On Left, Lock Right Behind Left 左足前踏, 右足於左足後鎖踏

- 3&4 Left Lock Step Forward 左足前踏
- 5,6 Step Forward On Right, Make 1/2 Pivot Turn Left (Weight On Left) **(37, 38)** [9] 右足前踏, 左轉90度(重心在左足)(9點鐘)
- 7&8 Right Shuffle Forward **(39 & 40)** 右前交換步

第六段 Side Rock, Recover, Left Samba, Right Jazz Box, Step Fwd Left
側下沉, 回復, 左森巴, 右爵士方塊, 左前踏

- 1,2 Rock Out To Left Side, Recover Onto Right **(Moving Forward Slightly)(41, 42)** 左足側下沉, 右足回復
- 3&4 Diagonal Cross Step Left Over Right, Step Right To Right Side, Step Left To Left Side Angled Left **(Moving Forward Slightly)(43 & 44)**
 左足於右足前斜角線交叉踏, 右足右踏, 左足左踏
- 5,6 Cross Right Over Left, Step Back On Left
 右足於左足前交叉踏, 左足後踏
- 7,8 Step Right To Right Side, Step Forward On Left
 右足右踏, 左足前踏

DURING wall 6, OMIT the steps where the counts are shown in italics.(steps 37-44)

You will be facing the front wall where you started the dance. Continue the dance from step 45 to the end. Then restart the dance from the beginning.

第六面牆省略斜字體的動作**(37-44)**從第六段第5拍開始跳後, 從頭起跳
