

Shoop (啾嘑) (zh)

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Daniel Trepát (NL), Darren Bailey (UK), Pim van Grootel (NL), Raymond Sarlemijn (NL) & Roy Verdonk (NL) - 2009年12月
音乐: Shoop - Salt-N-Pepa



前奏: 16 counts from first beat, on vocal (app. 7 secs into track). Start with weight on L foot

第一段 Scuff, Hitch, Step, Scuff, Hitch, Step, Cross, ¼ Turn Step Back, Weave 擦踢, 抬, 踏, 擦踢, 抬, 踏, 交叉, 1/4後, 藤步

- 1 RF scuff heel forward 右足踵前擦踢
- & RF hitch knee up 右膝抬
- 2 RF step side right 右足右踏
- 3 LF scuff heel forward 左足踵前擦踢
- & LF hitch knee up 左膝抬
- 4 LF step side left 左足左踏
- 5 RF cross over LF 右足於左足前交叉踏
- & LF ¼ turn right step back (3.00) 右轉90度左足後踏(3點鐘)
- 6 RF step side right 右足右踏
- & LF cross over RF 左足於右足前交叉踏
- 7 RF step side right 右足右踏
- & LF cross behind RF 左足於右足後交叉踏
- 8 RF step side right 右足右踏
- & LF cross over RF 左足於右足前交叉踏

第二段 Step Slide, ¼ Turn Sailor Step, Heel Touches X4, & 踏 滑併, 1/4水手步, 踵收四次

- 9 RF big step side right 右足右一大步
- 10 LF slide towards RF 左足滑併
- 11 LF ¼ turn left cross behind RF (12.00) 左轉90度左足於右足後交叉踏 (面向12點鐘)
- & RF step side right 右足右踏
- 12 LF step slightly side left and forward 左足略左前踏
- 13 RF touch heel forward 右足踵前點
- & RF step next to LF 右足併踏
- 14 LF touch heel forward 左足踵前點
- & LF step next to RF 左足併踏
- 15 RF touch heel forward 右足踵前點
- & RF step next to LF 右足併踏
- 16 LF touch heel forward 左足踵前點
- & LF step next to RF 左足併踏

第三段 Cross & Heel & Cross ¼ Turn, ¼ Turn, Rock & ¼ Turn, Lock Step 交叉 踏 踵 收 交叉 1/4 1/4, 交叉下沉 1/4 前鎖步

- 17 RF cross over LF 右足於左足前交叉踏

- & LF step side left 左足左踏
- 18 RF touch heel forward to right diagonal 右足踵右斜前點
- & RF step down 右足踏
- 19 LF cross over RF 左足於右足前交叉踏
- & RF ¼ turn left step back 左轉90度右足後踏
- 20 LF ¼ turn left step side left (6.00) 左轉90度左足左踏(6點鐘)
- 21 RF cross rock over LF 右足於左足前交叉下沉
- & LF recover 左足回復
- 22 RF ¼ turn right step forward (9.00)
右轉90度右足前踏(面向9點鐘)
- 23 LF step forward 左足前踏
- & RF lock behind LF 右足於左足後鎖踏
- 24 LF step forward 左足前踏

第四段 Heel Kick, Heel Flick ½ Turn, Heel Kick, Coaster Step, Step, Lock, Step, Step, Lock, Step, Step
踵踢, 踵勾轉, 踵踢, 海岸步, 前鎖踏, 前鎖踏, 踏

- 25 RF kick heel forward 右足踵前踢
 - & RF ½ turn left flick heel back 左轉180度右足踵後勾
 - 26 RF kick heel forward (3.00) 右足踵前踢(面向3點鐘)
 - 27 RF step back 右足後踏
 - & LF step next to RF 左足併踏
 - 28 RF step forward 右足前踏
 - 29 LF step diagonally forward left 左足左斜角前踏
 - & RF lock behind LF 右足於左足後鎖踏
 - 30 LF step diagonally forward left 左足左斜角前踏
 - & RF step diagonally forward right 右足右斜角前踏
 - 31 LF lock behind RF 左足於右足後鎖踏
 - & RF step diagonally forward right 右足右斜角前踏
 - 32 LF step forward 左足前踏
-