

Yes Please (請擁抱我) (zh)

COPPER KNOB
STEPSHEDS

拍数: 40 墙数: 4 级数: Intermediate/Advanced
编舞者: Kim Ray (UK) - 2008年07月
音乐: Can I Hold You - Mark Medlock



前奏: 32 count intro 32拍後起跳

第一段 Cross Side Rocks, Sway Forward & Back, & Step Forward, ½ Pivot 側交叉下沉, 前擺臀 & 後擺臀, 前踏, 轉1/2

- 1-2& Cross right over left, side rock left, step right next to left
右足於左足前交叉踏, 左足左下沉, 右足併踏
- 3-4& Cross left over right, side rock right, step left next to right
左足於右足前交叉踏, 右足右下沉, 左足併踏
- 5-6& Stepping forward on right sway forward, sway back on left, step right next to left 右足前踏右前擺臀, 左後擺臀, 右足併踏
- 7-8& Step forward on left, step forward on right, ½ pivot turn left
左足前踏, 右足前踏, 左轉180度

第二段 Step, Full Turn With Rock, Rock Back, Full Turn Back, Coaster Step, Step 踏, 轉圈下沉, 後下沉, 後轉圈, 海岸步, 踏

- 1 Step forward on right 右足前踏
- 2&3 ½ turn right stepping back on left, ½ turn right stepping forward on right, rock forward on left
右轉180度左足後踏, 右轉180度右足前踏, 左足前下沉
- 4&5 Bring weight back on right, ½ turn left stepping forward on left, ½ turn left stepping back on right
右足後回復, 左轉180度左足前踏, 左轉180度右足後踏
- 6&7 Step back on left, step right next to left, step forward on left
左足後踏, 右足併踏, 左足前踏
- 8 Step forward on right 右足前踏

第三段 Step Forward, ½ Pivot Left, ¼ Pivot Right, ½ Pivot Left, Step Forward 前踏, 左轉1/2, 右轉1/2, 左轉1/2, 前踏

- 1 Step forward on left 左足前踏
- 2&3 Step forward on right, ½ pivot turn left, step forward on right
右足前踏, 左轉180度, 右足前踏
- 4&5 Step forward on left, ¼ pivot turn right, step forward on left
左足前踏, 右轉90度, 左足前踏
- 6&7 Step forward on right, ½ pivot turn left, step forward on right
右足前踏, 左轉180度, 右足前踏
- 8 Step forward on left 左足前踏

第四段 Sway Forward, Step Back & Drag, Shuffle Forward, ½ Pivot Turn, Full Turn 前擺臀, 後踏 & 拖, 前交換, 轉1/2, 轉圈

- 1-2 Step forward on right and sway forward, step back on left dragging right towards left keeping weight on left
右足前踏前擺臀, 左足後踏右足拖併重心仍在左足
- 3&4 Step forward on right, step left up to right, step forward on right
右足前踏, 左足併踏, 右足前踏
- 5&6 Step forward on left, ½ pivot turn right, step forward on left
左足前踏, 右轉180度, 左足前踏
- 7-8 ½ turn left stepping back on right, ½ left stepping forward on left
左轉180度右足後踏, 左轉180度左足前踏

第五段 **Step On Right, Side Step Left, Rock/Recover, Side Step Right, Rock/Recover, Step Side Left, Cross Unwind ¾ Turn, ¼ Pivot Left**
右踏, 左側踏, 下沉/回復, 右側踏, 下沉/回復, 左側踏, 交叉轉3/4, 左轉1/4

& Step right next to left 右足併踏

1-2& Large step to left side, rock back on right, recover on left
左足左一大步, 右足後下沉, 左足回復

**** On 2nd wall ADD TAG here and restart facing back****

第二面牆面向後面牆時加拍

3-4& Large step to right side, rock back on left, recover on right
右足右一大步, 左足後下沉, 右足回復

5-6 Step left to left side, cross right over left
左足左踏, 右足於左足前交叉踏

7-8& Unwind ¾ turn left taking weight on left, step forward on right, ¼ turn left 左轉270度重心在左足, 右足前踏, 左轉90度

TAG: 1 tag & 1 restart DURING wall 2 (facing back)

第二面牆面向後面牆時加拍後從頭起跳

Sway Right, Sway Left
右擺臀, 左擺臀

1-2 Step right to right side and sway, step left to left side and sway
右足右踏右擺臀, 左足左踏左擺臀

Finish: Tempo slightly slows down for last 8 counts, finishing on the ¾ unwind to face the front. 結束：最後8拍節奏變慢, 繞270度回到前面牆結束
