

Shoes Of Another Man (他山之石) (zh)

COPPER KNOB
STEPSHETS

拍数: 48 墙数: 2 级数: Intermediate/Advanced
编舞者: Jo Thompson Szymanski (USA) - 2009年09月
音乐: Shoes Of Another Man - Brother Yusef



前奏: Wait 48 counts, start on the word "Walk"

第一段 Walk 2, Syncopated Forward Coaster Step, Back 2, Coaster Cross 走步二次, 變奏前海岸, 後走步二次, 海岸交叉

- 1-2 Walk forward R, L. 前走步-右, 左
- &3-4 Step forward R (&), Step together with L (3), Step back R, bend both knees slightly, let L toe fan out to L, keep L toe close to the floor, don't lift it up too high (4).
右足前踏, 左足併踏, 右足後踏 雙膝略彎 左足趾貼地左扇轉
- 5-6 Knees stay slightly bent for counts 5-6 - Walk back L as R toe fans out to R (5), Walk back R as L toe fans out to L (6).
(雙膝保持略彎)左足後走 右足趾右扇轉, 右足後走 左足趾左扇轉
- 7&8 Step back L (7), Step together with R (&), Step L across front of R (8). 左足後踏, 右足併踏, 左足於右足前交叉踏

第二段 Syncopated Scissors R, 3/4 Turn, Forward, Drag, Ball Change, Step 變奏剪刀步, 轉3/4, 前, 拖, 併, 踏

- &1-2 Step R to R side (&), Step together with L face body slightly L (1), Step R across front of L (2).
右足右踏, 左足併踏身體略面向左, 右足於左足前交叉踏
- 3&4 Turn 1/4 R, step back L (3), Turn 1/2 R, step together R (&), Step forward L (4). 右轉90度左足後踏, 右轉180度右足併踏, 左足前踏
- 5-6 Large step forward R (5), Drag L toe to R ending in a touch (6).
右足前一大步, 左足趾拖併點
- &7-8 Rock back on ball of L (&), Recover weight forward to R (7), Step forward L (8). 左足後下沉, 右足回復, 左足前踏

第三段 Close, Place, Knee Pop, Back Turn 1/2, Take A Walk Around R 4 併, 放, 膝彈, 後轉1/2, 四個走步轉

- &1 Step together R (&), Place L foot forward, keeping weight back on R (1). 右足併踏, 左足放在前重心在右足
- &2 Bend both knees, lifting both heels up (&), Lower heels, straighten legs (2). 彎雙膝 抬雙足腫, 足踵踏回復站直
- 3&4 Step back with L starting 1/2 turn R (3), Step together R finishing 1/2 turn R (&), Step forward L (4).
左足後踏, 右轉180度右足併踏, 左足前踏
- 5-8 Walk R, L, R, L traveling in a 1/2 circle or arc pattern R (like a half moon) completing a 1/2 turn R.
以四個走步右轉180度-右, 左, 右, 左

第四段 (&) Point, Cross, Side, Back, Syncopated Side Rock, Back, & Front & Back 併點, 交叉, 側, 後, 變奏側下沉, 後, 踏前踏後

- &1 Step together R (&), Point L to L side (1).
右足併踏, 左足左點
- 2-4 Step L across front of R (2), Step R to R side (3), Step L cross behind R (4). 左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏

&5-6 Rock ball of R to R side (&), Recover weight to L foot (5), Step R crossed behind L (6). 右足右下
沉, 左足回復, 右足於左足後交叉踏

&7&8 Step L to L (&), Step R across front of L (7), Step L to L (&), Step R crossed behind L (8).
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

第五段 (&) Touch, Hold, & Touch, Hold, & Touch & Cross, 3/4 Turn
踏點, 候, 踏點, 候, 踏點踏交叉, 轉3/4

&1-4 Step L to L (&), Touch R together (1), Hold (2), Step R to R (&), Touch L together (3), Hold (4).
左足左踏, 右足併點, 候, 右足右踏, 左足併點, 候

&5&6 Step L to L (&), Touch R together (5), Step back on ball of R (&), Step L across front of R (6).
左足左踏, 右足併點, 右足後踏, 左足於右足前交叉踏

7-8 Turn 1/4 L, step back R (7), Turn 1/2 L, step forward L (8).
左轉90度右足後踏, 左轉180度左足前踏

第六段 Syncopated Lock, Step, Mambo Step, 1/2 Turn R Sailor, Full Turn L Triple 變奏鎖步, 踏, 曼波,
右1/2轉水手, 左三步轉圈

&1-2 Step forward with R foot (&), Lock step L behind R (1), Step forward R (2). 右足前踏, 左足於右足
後鎖踏, 右足前踏

3&4 Rock forward L (3), Recover back to R (&), Step back L (4).
左足前下沉, 右足回復, 左足後踏

5&6 Sweep R to R side starting R 1/2 turn, Step R crossed behind L (5), Step together L completing R
1/2 Turn (&), Step R foot forward with R toe turned out, thighs tight (6).
右足右繞轉180度 右足於左足後交叉踏, 左足併踏, 右足前踏足趾向外轉 雙腿夾緊

7&8 Turn 1/2 L, step forward L: this will feel like you are unwinding L and then stepping forward (7),
Rock back on ball of R turning 1/2 L (&), Step forward with L (8).
左轉180度左足前踏(與第6拍結合像繞轉前踏的動作), 左轉180度右足後下沉, 左足前踏

5&6 7&8 On 5&6 do a R sailor with no turn, on 7&8 do a L Sailor with a 1/2 turn L 右水手步, 左180度轉水手
Easier
option
簡易版
