

You're Amazing (你好棒) (zh)

COPPER KNOB
STYLEDANCE

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Guyton Mundy (USA) - 2010年09月
音乐: Just the Way You Are - Bruno Mars



前奏 : 32 count intro 32拍後起跳

第一段 Step, Side Behind, 1/4 Behind, 1/4 Shuffle, 1/2 Turn, Coaster 踏右後, 1/4後, 追步轉, 轉, 海岸步

- 1a2 step forward on left foot, step right to right side, step left behind right 左足前踏, 右足右踏, 左足於右足後踏
- 3,4&5 step back on right while making 1/4 turn left, step left to left side, step together with right, make 1/4 turn left stepping forward on left
左轉90度右足後踏, 左足左踏, 右足併踏, 左轉90度左足前踏
- 6 make 1/2 turn over left stepping back on right
左轉180度右足後踏
- 7&8 step back on left, step together with right, step forward on left
左足後踏, 右足併踏, 左足前踏

第二段 Side, Circle Weave, Side, Cross And Cross 右, 轉圈藤步, 左, 交叉交換

- 1,2&3 step right to right side, step left behind right, make 1/4 left stepping right behind left, step left to left side
右足右踏, 左足於右足後踏, 左轉90度右足於左足後踏, 左足左踏
- 4&5 make 1/4 turn left stepping right to right, make 1/4 turn left stepping back on left, step back on right
左轉90度右足右踏, 左轉90度左足後踏, 右足後踏
- 6 make 1/4 turn left stepping left to left side
左轉90度左足左踏
- 7&8 cross right over left, step left to left side, cross right over left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

第三段 Walks, Shuffle, Side Together Back, 1/2 Shuffle 走走, 前交換, 右併後, 轉交換

- 1-2 walk forward left, right 左足前走, 右足前走
- 3&4 shuffle forward left, right, left 前交換-左, 右, 左
- 5&6 step right to right side, step together with left, step back on right
右足右踏, 左足併踏, 右足後踏
- 7&8 1/4 turn left stepping left to left side, step together with right, 1/4 turn left stepping forward on left
左轉90度左足左踏, 右足併踏, 左轉90度左足前踏

第四段 Walks, Shuffle, Walks, 1/2 Turn, Hip Bumps 走走, 前交換, 走走, 轉推臀

- 1-2 walk forward right, left 右足前走, 左足前走
- 3&4 shuffle forward right, left, right 前交換-右, 左, 右
- 5-6 step forward left, right 左足前踏, 右足前踏
- 7&8 make 1/2 turn pivot over left shoulder weight ending back on right foot, bump hips forward, bump hips back (keeping weight on right foot)
左轉180度重心在右足, 前推臀, 後推臀(重心在右足)

RESTART is on the 5th wall (front). Do first 32 counts. Weight will be back on right foot. Instead of doing sweep, step forward on left to restart the dance again on the front wall

第五面牆(面向前牆), 跳至此, 重心在右足, 接續第1拍左足前踏, 從頭起跳

第五段 Sweep, Cross And Crosses, Side Hook Behind, 3/4 Unwind 繞, 後右, 交叉交換, 右, 交叉右, 勾轉3/4

- 1-2 sweep left foot around to left, step left foot behind right
左足繞向後, 左足於右足後踏
- &3&4 step right to right, cross left over right, step right to right, cross left over right
右足右踏, 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- &5-6 step right to right, cross left over right, side step right to right
右足右踏, 左足於右足前交叉踏, 右足右踏
- 7-8 hook left behind right, unwind 3/4 turn over left shoulder weight ending on left foot 左足於右足後勾, 左轉270度重心在左足

第六段 Side Out, Hold, Side Sways, Coaster, Diagonal Walk, Rock/Recover, 1/2 Turn Sweep 右, 候, 擺臀 擺臀, 海岸步, 斜角走, 下沉 回復, 轉繞

- 1-2 step right to right, hold 右足右踏, 候
- 3-4 sway body left, sway body right 身體擺向左, 身體擺向右
- 5&6 step back on left, step together with right, step forward left to diagonal (1:30 wall) 左足後踏, 右足併踏, 左足斜角前踏(面向1:30)
- 7-8&1 step forward on right, rock forward on left, recover on right, step back on left making 1/2 turn sweep with right foot
右足前踏, 左足前下沉, 右足回復, 左足後踏右足繞轉180度

第七段 Coaster, Walk, Shuffle, Forward And Back Sways 海岸步, 走, 前交換, 前後擺臀

- 2&3 step back on right, step together with left, step forward on right to diagonal (7:30) 右足後踏, 左足併踏, 右足斜角前踏(面向7:30)
- 4,5&6 step forward on left, shuffle forward right, left, right
左足前踏, 右足前交換-右, 左, 右
- 7-8 rock forward on left, recover on right while swaying
左足前下沉擺臀, 右足回復擺臀

第八段 Forward And Back Sways, Back Shuffle, 1/2 Turn, 1/8 Turn, 1/4 Turn Coaster 下沉 回復(擺臀), 後交換, 1/2 1/8 1/4海岸步

- 1-2 rock forward on left, recover on right while swaying
左足前下沉擺臀, 右足回復擺臀
- 3&4 shuffle back left, right, left 後交換-左, 右, 左
- 5-6 make 1/2 turn right stepping forward on right, make 1/8 turn right stepping left to left side 右轉180度右足前踏, 右轉45度左足左踏
- 7&8 make 1/4 turn right stepping back on right, step together with left, step forward on right 右轉90度右足後踏, 左足併踏, 右足前踏
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