

She Bangs (碰撞撞) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Hillbilly Rick (USA)
音乐: She Bangs - Ricky Martin



第一段 (Right) Modified Vine, Side Shuffle, (Left) Kick-Ball Change 右修正華倫步, 側交換, 左踢交換

- 1 Right - Step To Side 右足右踏
- 2 Left - Cross Step Behind Right Foot 拖左足於右足後交叉踏
- 3 Right - Step To Side 右足右踏
- 4 Left - Cross Step Behind Right Foot 拖左足於右足後交叉踏
- 5&6 Right Step To Side , Left Step Together , Right Step To Side
右足右踏, 左足併踏, 右足右踏
- 7&8 Left Kick Forward , Left Land On (Ball Of) Foot, While Slightly Lifting Left Foot Off Floor , Right -
Lower Foot Back To Floor
左足前踢, 左足踏, 右足踏

第二段 (Left) Modified Vine, Side Shuffle, (Right) Kick-Ball Change 左修正華倫步, 側交換, 右踢交換

- 1 Left - Step To Side 左足左踏
- 2 Right - Cross Step Behind Left Foot 拖右足於左足後交叉踏
- 3 Left - Step To Side 左足左踏
- 4 Right - Cross Step Behind Left Foot 拖右足於左足後交叉踏
- 5&6 Left Step To Side , Right Step Together , Left Step To Side
左足左踏, 右足併踏, 左足左踏(Shuffle)
- 7&8 Right Kick Forward , Right - Land On (Ball Of) Foot, While Slightly Lifting Left Foot Off Floor , Left
Lower Foot Back To Floor
右足前踢, 右足踏, 左足踏

第三段 Walk Forward, Shuffle Forward, Forward Rock-Recover 前走步, 前交換, 前下沉-回復

- 1-4 Right - Step Forward , Left - Step Forward , Right - Step Forward , Left - Step Forward
右足前踏, 左足前踏, 右足前踏, 左足前踏
- 5&6 Right Step Forward , Left Step Together , Right Step Forward
右足前踏, 左足併踏, 右足前踏(Shuffle)
- 7-8 Left - Step (Rock) Forward, While Slightly Lifting Right Foot Off Floor ; Right - Lower Foot Back
To Floor (Recover)
左足前下沉(右足略離地), 右足回復

第四段 Angle Step Locks Back, Shuffle Back, Back Rock-Recover 弓步後下沉, 後交換, 後下沉-回復

- 1 Left - Step Back At An Angle 左足弓步後踏
- 2 Right - Step Back, Bringing Foot Across Left Foot (Ankle Lock)
右足後踏(於左足前鎖步)
- 3 Left - Step Back At An Angle 左足弓步後踏
- 4 Right - Step Back, Bringing Foot Across Left Foot (Ankle Lock)
右足後踏(於左足前鎖步)

5&6 Left Step Backward , Right Step Together , Left Step Backward
左足後踏, 右足併踏, 左足後踏(後Shuffle)
Note: On Counts 5&6 Shuffle Diagonally Backwards, Towards 7 O'clock As With The Step Locks Back.
注意:向7點鐘方向斜角線後鎖步

7-8 Right - Step (Rock) Backward, While Slightly Lifting Left Foot Off Floor ; Left - Lower Foot Back To Floor (Recover)
右足後下沉(左足略離地), 左足回復

第五段 Side Step, Cross Behind, Side Shuffle (Right), Cross Rock-Recover, Side Shuffle(Left)
側踏, 後交叉, 右交換, 交叉下沉-回復, 左交換

1-2 Right - Step To Side , Left - Cross Step Behind Right Foot
右足右踏, 左足於右足後交叉踏

3&4 Right Step To Side , Left Step Together , Right - Step To Side
右足右踏, 左足併踏, 右足右踏(Shuffle)

5-6 Left - Cross Step (Rock) In Front Of Right Foot, While Slightly Lifting Left Foot Off Floor ; Right - Lower Foot Back To Floor (Recover)
左足於右足前交叉下沉, 右足回復

7&8 Left Step To Side , Right Step Together , Left Step To Side
左足左踏, 右足併踏, 左足左踏(Shuffle)

第六段 Stomp Forward, Hold, 1/4 Turn (Left), Hold, (Left) Sailor Step, (Right) Sailor Step W/1/4 Turn (Right)
前重踏, 候, 左轉1/4, 候, 左水手步, 右轉1/4水手步

1-2 Right - Stomp Forward ; Hold For 1 Beat 右足前重踏, 候

3-4 Pivot On (Balls Of) Both Feet, 1/4 Turn Left (Shifting Weight To Right Foot) ; Hold For 1 Beat 左轉90度(重心在右足), 候

5&6 Left Cross Step Behind Right Foot , Right Step Slightly Out To Side , Left Step Slightly Out To Side
左足於右足後交叉踏, 右足右踏, 左足左踏

7&8 Right - Turning 1/4 Turn Right, Cross Step Behind Left Foot , Left Step Slightly Out To Side , Right Step Slightly Out To Side
右轉90度右足於左足後交叉踏, 左足左踏, 右足右踏

第七段 Forward Rock-Recover, Coaster Step (Twice)
前下沉-回復, 海岸步(二次)

1-2 Left Step (Rock) Forward, While Slightly Lifting Right Foot Off Floor ; Right Lower Foot Back To Floor (Recover)
左足前下沉(右足略離地), 左足回復

3&4 Left - Step Back On (Ball Of) Foot , Right - Step Together On (Ball Of) Foot , Left - Step Forward
左足後踏, 右足併踏, 左足前踏(後-旁-前)

5-6 Right - Step (Rock) Forward, While Slightly Lifting Left Foot Off Floor ; Left - Lower Foot Back To Floor (Recover)
右足前下沉(左足略離地), 右足回復

7&8 Right - Step Back On (Ball Of) Foot , Left - Step Together On (Ball Of) Foot , Right - Step Forward
右足後踏, 左足併踏, 右足前踏(後-旁-前)

第八段 Angle Step Locks Forward, Shuffle Forward, 1/4 Turn (Left), Bump, Bump
弓踏前鎖步, 前交換, 左轉1/4, 擺臀, 擺臀

1-2 Left - Step At An Angle Forward ; Right - Step Forward, Bringing Foot Behind Left Foot (Ankle Lock)
左足弓步前踏, 右足於左足後鎖步

- 3-4 Left - Step At An Angle Forward ; Right - Step Forward, Bringing Foot Behind Left Foot (Ankle Lock)
左足弓步前踏, 右足於左足後鎖步
- 5&6 Left - Step Forward , Right - Step Together , Left - Step Forward
左足前踏, 右足併踏, 左足前踏(Shuffle)
Note: On Counts 5&6 Shuffle Diagonally Forward Towards 11 O'clock, As Well As With The Step Locks Forward
注意:面向11點鐘斜角線前鎖步
- 7-8 Right - Turning 1/4 Turn Left, Step To Side While Bumping Right Hip To Right ; Left - Shift Weight To Foot And Bump Left Hip To Left
左轉90度右足右踏右擺臀, 重心回左足左擺臀
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