

Know Me By Now (瞭解我嗎?) (zh)

COPPERKNOB
STEPPERS

拍数: 36 墙数: 2 级数: Intermediate
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音乐: If You Don't Know Me By Now - Seal



第一段 Step ½ Turn, Back, Side, Cross 踏反轉後, 後旁前

- 1-3 Step forward left, Make ½ turn left stepping back right, Step back onto left 左足前踏, 左轉180度右足後踏, 左足後踏
- 4-6 Step back onto right, Step left to left side, Cross right over left 右足後踏, 左足左踏, 右足於左足前交叉踏

第二段 Rock Recover Cross, ¼ Turn, ½ Turn, Step 曼波交叉, 1/4 1/2 踏

- 1-3 Rock left to left side, Recover onto right, Cross left over right 左足左下沉, 右足回復, 左足於右足前交叉踏
- 4-6 Make ¼ turn left stepping back on right, Make ½ turn left stepping forward onto left, Step forward onto right 左轉90度右足後踏, 左轉180度左足前踏, 右足前踏

第三段 Rock Recover Step, Cross, Back, Side 前曼波, 三步爵士方塊

- 1-3 Rock forward onto left, Recover back onto right, Step back onto left 左足前下沉, 右足回復, 左足後踏
- 4-6 Cross right over left, Step back onto left, Step right to right side 右足於左足前交叉踏, 左足後踏, 右足右踏

第四段 Cross Rock Recover, Back Rock Recover 交叉森巴, 交叉森巴

- 1-3 Cross left over right, Rock right to right side, Recover onto left 左足於右足前交叉踏, 右足右下沉, 左足回復
- 4-6 Cross right behind left, Rock left to left side, Recover onto right 右足於左足後交叉踏, 左足左下沉, 右足回復

第五段 Sailor ¼ Turn, Step Full Turn 右1/4轉水手, 踏反轉轉

- 1-3 Step left behind right, Make ¼ turn right stepping right to right, Step forward onto left 左足於右足後踏, 右轉90度右足右踏, 左足前踏
- 4-6 Step forward onto right, Make ½ turn stepping back onto left, Make ½ turn stepping forward onto right 右足前踏, 右轉180度左足後踏, 右轉180度右足前踏

第六段 Rock Recover Back, ½, Step ½ Pivot 前曼波, 轉踏轉

- 1-3 Rock forward onto left, Recover back onto right, Step back onto left 左足前下沉, 右足回復, 左足後踏
- 4-6 Make ½ right stepping forward onto right, Step left forward, ½ turn pivot right 右轉180度右足前踏, 左足前踏, 右軸轉180度