

Gimmie Dat (zh)

COPPER KNOB
BY PERSEUS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Sebastiaan Holtland (NL) & Deborah Ellis - 2010年12月
音乐: Gimmie Dat - Ciara : (CD: Basic Instinct 2010)



前奏 : Intro: 32 Counts (15 Sec) 32拍(約15秒)後起跳

第一段 Stomp, Heel Twists, Stomp, Heel Twists, Coaster Step, 1/2 Pivot L

- 1&2 Stomp forward on Rf, twist both heels right, Twist both heels back to centre (weight on right) (12:00)
右足前重踏, 雙足踵旋轉至右, 雙足踵轉回(重心在右足)(面向12點鐘)
- 3&4 Stomp forward on Lf, twist both heels left. Twist both heels back to centre (weight on right)
左足前重踏, 雙足踵旋轉至左, 雙足踵轉回(重心在右足)
- 5&6 Step Lf back, step Rf beside Lf, step Lf forward weight onto Lf (Coaster) 左足後踏, 右足併踏, 左足前踏
重心在左足(海岸步)
- 7-8 Step forward on Rf, making a 1/2 turn to left (6:00) take weight onto Lf 右足前踏, 左轉180度(面向6點鐘)
重心在左足

第二段 3/4 Turn L, Side, Cross Rock / Recover, Jump Both Feet Apart, Hold, & Cross, 1/2 Unwind R

- 1-2 Making a 1/2 turn to left (12:00) step back on Rf, continue a 1/4 turn to left (9:00) step Lf to the left
左轉180度(面向12點鐘)右足後踏, 左轉90度(面向9點鐘)左足左踏
- 3-4 Cross rock forward on Rf, recover on Lf
右足於左足前交叉下沉, 左足回復
- &5-6 Jump both feet apart (&5), HOLD take weight onto both feet (9:00)
雙腳跳開, 候(重心在雙腳)(面向9點鐘)
- &7-8 Jump Lf across Rf (&7), unwind 1/2 right (3:00) take weight onto Lf
(雙腳跳)左足於右足前交叉踏, 右繞轉180度(面向3點鐘)重心在左足

RESTART Here Wall 4 after 16 count (facing 6 o'clock)

第四面牆跳至此, 從頭起跳(面向6點鐘)

第三段 Back Rock / Recover, L Full Turn Forward, Rock / Recover, Jump Both Feet Apart, Hold

- 1-2 Rock back on Rf, recover on Lf (3:00)
右足後下沉, 左足回復(面向3點鐘)
- 3-4 Turning 1/2 left step R back, turning 1/2 left step L forward
左轉180度右足後踏, 左轉180度左足前踏
- 5-6 Rock forward on Rf, recover on Lf 右足前下沉, 左足回復
- &7-8 Jump both feet apart (&7), HOLD take weight onto both feet (3:00)
雙腳跳分開, 候(重心在雙腳)(面向3點鐘)

第四段 & Cross, 1/2 Unwind R, Back Rock / Recover, Kick & Point, Kick & Point

- &1-2 Jump Lf across Rf (&2), unwind 1/2 right (9:00) take weight onto Lf (雙腳跳)左足於右足前交叉踏, 右繞
轉180度(面向9點鐘)重心在左足
- 3-4 Rock back on Rf, recover on Lf 右足後下沉, 左足回復
- 5&6 Kick forward on Rf, step Rf back in place, point Lf out to the left side 右足前踢, 右足踏, 左足左點
- 7&8 Kick forward on Lf, step Lf back in place, point Rf out to the right side (9:00) 左足前踢, 左足踏, 右足右
點(面向9點鐘)

第五段 & Side Rock / Recover, 1/4 Turn L, & Side Rock / Recover, & Side Rock / Recover, 1/4 Turn L, & Side Rock / Recover

- &1-2 Step Rf beside Lf, rock Lf to the left, recover on Rf weight onto Rf (9:00) 右足併踏, 左足左下沉, 右足回
復(面向9點鐘)

- &3-4 Making a 1/4 turn to left (6:00) step Lf beside Rf, rock Rf to the right, recover on Lf 左轉90度(面向6點鐘)左足併踏, 右足右下沉, 左足回復
- &5-6 Step Rf beside Lf, rock Lf to the left, recover on Rf weight onto Rf 右足併踏, 左足左下沉, 右足回復重心在右足
- &7-8 Making a 1/4 turn to left (3:00) step Lf beside Rf, rock Rf to the right, recover on Lf 左轉90度(面向3點鐘)左足併踏, 右足右下沉, 左足回復

第六段 Cross, 1/4 Turn R, Big Step Back, Side, Fwd, 1/4 Monterey Turn

- 1-2 Cross Rf over Lf, making a 1/4 turn right (6:00) big step back on Lf 右足於左足前交叉踏, 右轉90度(面向6點鐘)左足後一大步
- 3-4 Step Rf to the right, step forward on Lf weight onto Lf
右足右踏, 左足前踏重心在左足
- 5-6 Point Rf out to the right side, pivot 1/4 right (9:00) step Rf beside Lf 右足右點, 右轉90度(面向9點鐘)右足併踏
- 7-8 Point Lf out to the left side, step Lf beside Rf take weight onto Lf (9:00) 左足左點, 左足併踏重心在左足(面向9點鐘)
-