

Give A Little More (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Kate Sala (UK) & Dee Musk (UK) - 2010年11月
音乐: Give a Little More - Maroon 5 : (CD: Hands All Over)



前奏 : 24 Count Intro. Approx 12 seconds. Track approx 3mins

第一段 Kick Back Cross, Back Side, Shuffle Forward, Step ½ Turn R.

- 1&2 Kick R foot forward, step back on R, cross step L over R.
右足前踏, 右足後踏, 左足於右足前交叉踏
- 3,4 Step R foot back, step L foot to L side. 右足後踏, 左足左踏
- 5&6 Shuffle forward stepping R,L.R. 前交換-右, 左, 右
- 7,8 Step forward on L, make a ½ turn R keeping weight back on L. (6 o'clock).
左足前踏, 右轉180度重心在左足(面向6點鐘)

RESTART DURING wall 3, begin again facing 6 o'clock wall.

第三面牆跳至此, 面向6點鐘, 從頭起跳

第二段 Coaster Step, Hold Ball Step, Step, Anchor Step, ¼ Turn L With Sway.

- 1&2 Step back on R, close L beside R, step forward on R.
右足後踏, 左足併踏, 右足前踏
- 3&4 Hold count 3, close L beside R, step forward on R.
候, 左足併踏, 右足前踏
- 5 Step forward on L. 左足前踏
- 6&7 Cross rock on R behind L, replace weight to L, step back on R.
右足於左足後交叉下沉, 左足回復, 右足後踏
- 8 Make a ¼ turn L stepping L to L side with L hip sway. (3 o'clock).
左轉90度左足左踏左推臀(面向3點鐘)

第三段 Sway Hips R, L, Chasse ¼ Turn R, Step ¼ Turn R, Cross Shuffle.

- 1,2 Sway hips R, sway hips L. 右擺臀, 左擺臀
- 3&4 Step R to R side, close L beside R, make a ¼ turn R stepping forward on R. 右足右踏, 左足併踏, 右轉90度右足前踏
- 5,6 Step forward on L, make a ¼ turn R. 左足前踏, 右轉90度
- 7&8 Cross step L over R, step R to R side, cross step L over R. (9 o'clock).
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏(面向9點鐘)

第四段 Side Step, ¼ Box Turn L, Cross Rock, Sweep Sailor ¼ Turn R

- 1 Step R to R side. 右足右踏
- 2-4 Make a ¼ turn L stepping L to L side, make a ¼ turn L stepping R to R side, make a ¼ turn L stepping L to L side.
左轉90度左足左踏, 左轉90度右足右踏, 左轉90度左足左踏
- 5,6 Cross rock R over L, recover weight to L.
右足於左足前交叉下沉, 左足回復
- 7&8 Sweep R out to the right making a ¼ turn R cross stepping R behind L, step L to L side, step R to R side. (3 o'clock).
右足繞右轉90度右足於左足後踏, 左足左踏, 右足右踏(面向3點鐘)

第五段 Cross Side, Sailor ¼ Turn L, Hold Ball Step, Step, Mambo Forward.

- 1,2 Cross step L over R, step R to R side.
左足於右足前交叉踏, 右足右踏

- 3&4 Making a $\frac{1}{4}$ turn L cross step L behind R, step R to R side, step L forward. 左轉90度左足於右足後交叉踏, 右足右踏, 左足前踏
- 5&6 Hold count 5, close R beside L, step forward on L.
候, 右足併踏, 左足前踏
- 7 Step forward on R. 右足前踏
- 8&1 Rock forward on L, recover weight to R, step back on L. (12 o'clock).
左足前下沉, 右足回復, 左足後踏(面向12點鐘)

第六段 Hip Sway Back, Forward, Hip Sways Back, Forward, Back, Drag Out Out, Cross Step.

- 2,3 Step back on R swaying R hip back, sway L hip forward.
右足後踏右後擺臀, 左前擺臀
- 4&5 Sway R hip back, sway L hip forward, sway R hip back.
右後擺臀, 左前擺臀, 右後擺臀
- 6&7 Drag L towards R, step L out to L side, step R out to R side
左足拖併, 左足左踏, 右足右踏
- 8 Cross step L over R. (12 o'clock).
左足於右足前交叉踏(面向12點鐘)

第七段 Side Behind, And Cross $\frac{1}{4}$ Turn R, Step $\frac{1}{2}$ Turn R, Left Lock Step Forward.

- 1,2 Step R to R side, cross step L behind R.
右足右踏, 左足於右足後交叉踏
- 8&3,4 Step R to R side, cross step L over R, make a $\frac{1}{4}$ turn R stepping forward on R. 右足右踏, 左足於右足前交叉踏, 右轉90度右足前踏
- 5,6 Step forward on L, make a $\frac{1}{2}$ turn R.
左足前踏, 右轉180度
- 7&8 Step forward on L, lock R behind L, step forward on L. (9 o'clock).
左足前踏, 右足於左足後鎖踏, 左足前踏(面向9點鐘)

第八段 R Jazzbox, Step $\frac{1}{4}$ Turn L, Kick Out Out.

- 1-4 Cross step R over L, step back on L, step R to R side, step forward on L. 右足於左足前交叉踏, 左足後踏, 右足右踏, 左足前踏
- 5,6 Step forward on R, make a $\frac{1}{4}$ turn L. 右足前踏, 左轉90度
- 7&8 Kick R across L, step R out to R side, step L out to L side. (6 o'clock).
右足於左足前交叉踢, 右足右踏, 左足左踏(面向6點鐘)
-