

Johnny Got A Boom Boom (zh)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Improver
编舞者: Darren Bailey (UK) - 2011年01月
音乐: Johnny Got a Boom Boom - Imelda May



前奏 : Dance starts At heavy Beat (16 count intro)

第一段 Walk R, L, Mambo Forward, Walk Back L, R, Side Rock And Cross 走 走, 前曼波, 後走 走, 曼波交叉

- 1-2 Step Rf forward, step Lf forward 右足前踏, 左足前踏
3&4 Rock forward on Rf, recover onto Lf, step back on Rf
右足前下沉, 左足回復, 右足後踏
5-6 Step back on Lf, step back on Rf 左足後踏, 右足後踏
7&8 Rock Lf to L side, recover onto Rf, cross Lf over Rf
左足左下沉, 右足回復, 左足於右足前交叉踏

第二段 Rock And Cross X2, Step Pivot Turn 1/2 L, Small Runs R, L, R 曼波交叉, 曼波交叉, 踏 轉, 跑 跑 跑

- 1&2 Rock Rf to R side, recover onto Lf, cross Rf over Lf
右足右下沉, 左足回復, 右足於左足前交叉踏
3&4 Rock Lf to L side, recover onto Rf, cross Lf over Rf
左足左下沉, 右足回復, 左足於右足前交叉踏
5-6 Step forward on Rf, make a 1/2 turn L (weight ends on Lf)
右足前踏, 左轉180度(重心在左足)
7&8 Make 3 small runs forward, R, L, R 前跑步-右, 左, 右

第三段 Step Side, Touch, Step Side Touch, Shuffle To The L, Repeat To R 左踏 併點 右踏 併點, 左追步, 右踏 併點 左踏 併點, 右追步

- 1&2& Step Lf to L side, touch Rf next to Lf, Step Rf to R side, touch Lf next to Rf 左足左踏, 右足併點,
右足右踏, 左足併點
3&4 Step Lf to L side, close Rf next to Lf, step Lf to L side
左足左踏, 右足併踏, 左足左踏
5&6& Step Rf to R side, touch Lf next to Rf, step Lf to L side, touch Rf next to Lf 右足右踏, 左足併點, 左
足左踏, 右足併點
7&8 Step Rf to R side, close Lf next to Rf, step Rf to R side
右足右踏, 左足併踏, 右足右踏

第四段 Cross, Back, Shuffle To The L, Cross, Back, Shuffle To The R With 1/4 Turn R 交叉 後踏, 左追步, 交叉 後踏, 追步轉

- 1-2 Cross Lf over Rf, step back on Rf
左足於右足前交叉踏, 右足後踏
3&4 Step Lf to L side, close Rf next to Lf, step Lf to L side
左足左踏, 右足併踏, 左足左踏
5-6 Cross Rf over Lf, step back on Lf
右足於左足前交叉踏, 左足後踏
7&8 Step Rf to R side, close Lf next to Rf, step Rf to R side making a 1/4 turn R 右足右踏, 左足併踏,
右轉90度右足右踏

第五段 Walk L, R, Kick And Touch To The R, Walk R, L, Kick And Touch To The L 走走, 踢併點, 走走, 踢併點

1-2 Step forward on Lf, step forward on Rf 左足前踏, 右足前踏

3&4 Kick Lf forward, step Lf in place, touch Rf to R side
左足前踢, 左足踏, 右足右點

5-6 Step forward on Rf, step forward on Lf 右足前踏, 左足前踏

7&8 Kick Rf forward, step Rf in place, touch Lf to L side
右足前踢, 右足踏, 左足左點

第六段 Sailor L, Sailor R, Touch Back, 1/2 Turn L, Stomp, Touch R (With Hand Flick) 水手步, 水手步, 後點轉, 重踏(拍手) 右點(雙手抬)

1&2 Cross Lf behind Rf, step Rf in place, step Lf to L side
左足於右足後交叉踏, 右足踏, 左足左踏

3&4 Cross Rf behind Lf, step Lf in place, step Rf to R side
右足於左足後交叉踏, 左足踏, 右足右踏

5-6 Touch Lf behind Rf, make a 1/2 turn L (weight ends on Lf)
左足於右足後點, 左轉180度(重心在左足)

7-8 Stomp Rf next to Lf (weight remains on Lf) clap hand together at the same time, touch Rf to R side
右足併重踏(重心仍在左足)拍手, 右足右點
(flick both hands out to the sides at hip level)
雙手在臀部高度向兩側抬
