

Keywest (zh)

COPPER KNOB
BY STEPHEN HETS

拍数: 48 墙数: 4 级数: Beginner
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音乐: Key's in the Conch Shell - Kenny Chesney : (CD: Lucky Old Sun)



前奏 : 32 Count Intro 32拍後起跳

第一段 Vine Right with Cross. Side Rock. Back Rock.
右華倫交叉, 側下沉, 後下沉

1-4 Step Right to Right side. Cross Left behind Right. Step Right to Right side. Cross step Left over Right.

右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

5-6 Rock Right out to Right side. Recover weight on Left.
右足右下沉, 左足回復

7-8 Rock back on Right. Rock forward on Left
右足後下沉, 左足前回復

第二段 Side Step Right. Touch. Side Step Left. Touch. Back Rock. 2 x Walks Forward Right/Left.
右側踏, 點, 左側踏, 點, 後下沉, 二個走步-右, 左

1-2 Step Right to Right side. Touch Left toe beside Right.
右足右踏, 左足併點

3-4 Step Left to Left side. Touch Right toe beside Left.
左足左踏, 右足併點

5-6 Rock back on Right. Rock forward on Left.
右足後下沉, 左足前下沉

7-8 Walk forward on Right. Walk forward on Left.
右足前走, 左足前走

第三段 Step Forward. Hold. Pivot 1/4 Turn Left. Hold. Right Jazz Box with Hold.前踏, 候, 左轉1/4, 候, 右爵士方塊, 候

1-2 Step forward on Right. Hold.右足前踏, 候

3-4 Pivot 1/4 turn Left. Hold.左轉90度, 候

5-8 Cross step Right over Left. Step back on Left. Step Right to Right side. Hold. (Facing 9 o'clock)
右足於左足前交叉踏, 左足後踏, 右足右踏, 候(面向9點鐘)

第四段 Cross Left. Point. Cross Right. Point. Point Forward. Point Side. Step Back. Touch.左交叉, 點, 右交叉, 點, 前點, 側點, 後踏, 點

1-2 Cross step Left over Right. Point Right toe out to Right side.
左足於右足前交叉踏, 右足趾右點

3-4 Cross step Right over left. Point Left toe out to Left side.
右足於左足前交叉踏, 左足趾左點

5-6 Point Left toe forward. Point Left toe out to Left side.
左足趾前點, 左足趾左點

7-8 Step back on Left. Touch Right toe next to Left instep.
左足後踏, 右足趾併點

第五段 Right Rumba Box with Holds. 右倫巴方塊, 候

1-4 Step Right to Right side. Step Left next to Right. Step forward on Right. Hold.右足右踏, 左足併踏, 右足前踏

5-8 Step Left to Left side. Step Right next to Left. Step back on Left. Hold.左足左踏, 右足併踏, 左足後踏, 候

第六段 Hip Sways Right/Left/Right. Hold. Hips Sways Left/Right/Left. Hold.
擺臀-右, 左, 右, 候, 擺臀-左, 右, 左, 候

1-4 Step Right slightly Right swaying Hips Right. Sway Left. Sway Right. Hold.右足右踏右擺臀, 左擺臀, 右擺臀, 候

5-8 Sway Hips Left. Sway Right. Sway Left. Hold.
左擺臀, 右擺臀, 左擺臀, 候
