

Love Supply (zh)

COPPER KNOB
BY STEPHEN BATES

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ria Vos (NL) - 2010年12月
音乐: Love Supply - Oceana : (CD: Love Supply)



前奏 : Intro: 16 Counts. 16拍後起跳

第一段 Touch R, Hold, & Walk, Walk, Touch L, Hold, & Walk, Walk

- 1-2 Touch R Next to L with Knee Turned In, Hold
右足併點右膝轉向內, 候
- &3-4 Step on Ball of R Next to Left, Walk Fwd L, Walk Fwd R (Small Steps with Attitude) 右足併踏, 左足前走, 右足前走(小走台步)
- 5-6 Touch L Next to R with Knee Turned In, Hold
左足併點左膝轉內, 候
- &7-8 Step on Ball of L Next to R, Walk Fwd R, Walk Fwd L (Small Steps with Attitude) 左足併踏, 右足前走, 左足前走(小走台步)

第二段 Rock Fwd, ¼ Turn R, Snap, ¼ Turn L, Scuff, Pivot ½ Turn L

- 1-2 Rock Fwd on R, Recover on L 右足前下沉, 左足回復
- 3-4 ¼ Turn Right Step R to Right Side, Point L to Left and Snap Fingers R Hand to Right Side (Shoulder height)
右轉90度右足右踏, 左足左點(右手舉與肩同高彈指)
- 5-6 ¼ Turn Left Step Fwd on L, Scuff R Fwd
左轉90度左足前踏, 右足前擦踢
- 7-8 Step Fwd on R, Pivot ½ Turn Left (6:00)
右足前踏, 左軸轉180度(面向6點鐘)

第三段 Crossing Toe Strut, Side Rock (R&L)

- 1-2 Cross R Toe Over L, Drop R Heel 右足趾於左足前交叉踏, 右足踵踏
- 3-4 Rock L to Left Side, Recover on R 左足左下沉, 右足回復
- 5-6 Cross L Toe Over R, Drop L Heel 左足趾於右足前交叉踏, 左足踵踏
- 7-8 Rock R to Right Side, Recover on L 右足右下沉, 左足回復

第四段 Weave ¼ Turn L, Side Lean (with optional shoulders), Recover, Touch

- 1-2 Cross R Over L, Step L to Left Side
右足於左足前交叉踏, 左足左踏
- 3-4 Step R Behind L, ¼ Turn Left Step Fwd on L (3:00)
右足於左足後踏, 左轉90度左足前踏(面向3點鐘)
- 5-6 Step R to Right Side (Lean right) with L Toe Pointing Up
右足右踏(身體傾向右)左足趾點
- 7-8 Recover on L, Touch R Next to L 左足回復, 右足併點
- Optional: (5) R shoulder down-L shoulder up, (6) R shoulder up-L shoulder down (7) R shoulder down-L shoulder up, (8) shoulders normal
第5拍:右肩下, 左肩上 第6拍:右肩上, 左肩下
第7拍:右肩下, 左肩上 第8拍:雙肩同高恢復原狀

第五段 1/8 Turn L Side, Touch, Side-Together-Side, Touch, ¼ Turn R Side, Touch

- 1-2 1/8 Turn Left Step R to Right Side, Touch L Next to Right (facing 1:30)
左轉45度右足右踏, 左足併點(面向1:30)
- 3-4 Step L to Left Side, Step R Next to L 左足左踏, 右足併踏
- 5-6 Step L to Left Side, Touch R Next to L 左足左踏, 右足併點
- 7-8 ¼ Turn Right Step R to Right Side, Touch L Next to R (facing 4:30) 右轉90度右足右踏, 左足併點(面向4:30)

第六段 ¼ Turn R Side, Touch, Side-Together-Side, Touch, 3/8 Turn L Step, Hold

- 1-2 ¼ Turn Right Step L to Left Side, Touch R Next to L (facing 7:30)
右轉90度左足左踏, 右足併點(面向7:30)
- 3-4 Step R to Right Side, Step L Next to R 右足右踏, 左足併踏
- 5-6 Step R to Right Side, Touch L Next to R 右足右踏, 左足併點
- 7-8 3/8 Turn Left Step L to Left Side, Hold (Facing 3:00)
左轉145度左足左踏, 候(面向3點鐘)

***** RESTART: On wall 3 After count 48 (9:00)**

第三面牆, 跳至此面向9點鐘, 從頭起跳

第七段 Cross Rocking Chair, Jazzbox Cross with Heel Grind

- 1-2 Cross Rock R Over L, Recover on L
右足於左足前交叉下沉, 左足回復
- 3-4 Rock Back on R, Recover on L 右足後下沉, 左足回復
- 5-6 Dig R Heel Over L, Grind on Heel Turning Toes Right -Step Back on L 右足踵於左足前點, 右足踵轉左足後踏
- 7-8 Step R to Right Side, Cross L Over R
右足右踏, 左足於右足前交叉踏

第八段 Side, Hold, Behind-Side-Cross, Hold, Bounce ½ Turn R

- 1-2 Step R to Right Side, Hold 右足右踏, 候
- 3-4 Step L Behind R, Step R to Right Side 左足於右足後踏, 右足右踏
- 5-6 Cross L Over R, Hold 左足於右足前交叉踏, 候
- 7-8 Bounce Heels Twice Turning ½ Turn Right (weight ends on L) (9:00)
踵彈跳二次右轉180度(結束重心在左足)(面向9點鐘)

TAG: After wall 6第六面牆結束後加拍

Touch, Hold, & Rock Fwd (R&L)

- 1-2 Touch R Next to L, Hold 右足併點, 候
 - &3-4 Step R Next to L, Rock Fwd on L, Recover on R
右足併踏, 左足前下沉, 右足回復
 - 5-6 Touch L Next to R, Hold 左足併點, 候
 - &7-8 Step L Next to R, Rock Fwd on R, Recover on L
左足併踏, 右足前下沉, 左足回復
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