

Clown Life (C) (zh)

COPPER KNOB
BY SHEETS

拍数: 64 墙数: 4 级数: Beginner / Improver
编舞者: Irene Deng (TW) - 2016年03月
音乐: Pocket of a Clown - Dwight Yoakam



Intro : 8 Count , In the lyrics "Clown " Start (Approx. 12 Seconds Into Track) 2:48 iTunes - 84 bpm

SECTION 1: BOUNCE SWIVEL R, TOE STRUT, DROP HEELS, TOE STRUT, DROP HEELS, TOE STRUT

1, 2, 3 Bounce Swivel to right (heel, toe, heel)
4 – 8 Touch L Toe beside R, Drop heels, Touch R Toe beside L, Drop heels, Touch L Toe beside R

Note: Whenever toe touch slightly oblique body

1,2,3 雙腳扭動右移 (腳跟, 腳尖, 腳跟)
4 – 8 左足腳尖點右足側, 左足放下, 右足尖點左足旁, 右足放下, 左足腳尖點右足側

註: 每當腳尖點時 身體稍微轉斜。

SECTION 2: BOUNCE SWIVEL L, TOE STRUT, DROP HEELS, TOE STRUT, DROP HEELS, TOE STRUT

1, 2, 3 Bounce Swivel to left (heel, toe, heel)
4 – 8 Touch R Toe beside L, Drop heels, Touch L Toe beside R, Drop heels, Touch R Toe beside L

1,2,3 雙腳扭動左移 (腳跟, 腳尖, 腳跟)
4-8 右足腳尖點左足側, 右足放下, 左足尖點右足旁, 左足放下, 右足腳尖點左足側

註: 每當腳尖點時 身體稍微轉斜。

SECTION 3 : Walk X2 , Charleston , HICHTH

1 - 2 Walk forward (R L)
3 - 4 Step R forward , touch L toe forward,
5 - 6 Step L back , Touch R back
7 - 8 Step R forward, hitch L knee over R
1 - 2 向前走(右、左)
3 - 4 右足前踏, 左足前點
5 - 6 左足退, 右足後點
7 - 8 右足前踏, 抬左膝到右斜方向

SECTION 4 : ROCK , RECOVER , SAMBA , PIVOT 1/2 L , LOCK

1 - 2 Rock step L to left , Recover onto R
3, 4& Step L cross over R , Step R to right , Recover L
5 - 6 Step R forward pivot 1/2 turn left(6:00) ,Step L forward
7 & 8 Step R forward, Lock L behind R , Step R forward (6:00)
1 - 2 左足左旁踏下沉, 重心回右足
3- 4& 左足交叉右足前, 右足短暫右踏, 重心回左足
5 - 6 右足前踏 左轉180(6:00), 左足前踏
7 & 8 前鎖步(右左右).....(6:00)

SECTION 5 : POINT, TOUCH, POINT, HOOK, 1/4 L LOCK, 1/2R , LOCK

1 - 4 Point L to left, Touch L beside R, Point L to left, Hook L back
5 & 6 Make 1/4 turn left , Step L forward, Lock R behind L, step L forward(3:00)
7 & 8 Make 1/2 turn right, Step R forward, Lock L behind R, step R forward(9:00)
1 - 4 右足右側點, 右足收回點左足旁, 右足右側點, 右足後勾
5 & 6 左轉1/4左足前鎖步(左 右 左)....(3:00)
7 & 8 右轉1/2 右足前鎖步(右 左 右)....(9:00)

SECTION 6: ROCK, RECOVER, COASTER, JAZZ BOX

- 1 – 2 Step L to left, Recover onto R
- 3 & 4 Step L back, step R back beside L, Step L forward
- 5 – 8 Cross R over L, Step L back, Step R back to right side, Step L forward
- 1 – 2 左足左踏下沉，重心回右足
- 3 & 4 左足退，右足退併左足旁，左足前踏
- 5 – 8 爵士方塊 右足交叉左足前，左足退，右足退右踏，左足前踏右足前

SECTION 7 : POINT, TOUCH, POINT, HOOK, 1/4 L LOCK, 1/2R , LOCK

- 1 – 4 Point R to right, Touch R beside L, Point R to right, Hook R back
- 5 & 6 Make 1/4 turn right , Step R forward, lock L in front of R, step R forward (12:00)
- 7 & 8 Make 1/2 turn left(6:00), Step L forward , lock R in front of L, step L forward.....(6:00)
- 1–4 右足右側點，右足收回點左足旁，右足右側點，右足後勾
- 5 & 6 右轉1/4右足前鎖步(右 左 右)...(12:00)
- 7 & 8 左轉1/2 左足前鎖步(左 右 左)....(6:0:0)

SECTION 8: ROCK, RECOVER,COASTER,CROSS,BACK SIDE,CLOSS

- 1 – 2 Step R to right, Recover L
- 3 & 4 Step R back, step L back beside R, Step R forward
- 5 – 8 Cross L over R, Step R back, Step L back to left side, Step R next to L....(6:00)
- 1–2 右足右踏下沉，重心回左足
- 3 & 4 右足退，左足退 併右足旁，右足前踏
- 5–8 左足交叉右足前，右足退，左足退左踏，右足併左足旁.....(6:00)

TAG : ROCK LEFT, ROCK RIGHT (After finishing Wall 3 & Wall 5)

- 1 & 2 Rock Step L to left , Recover R , Together step L beside R
- 3 & 4 Rock Step R to right , Recover L , Together step R beside L
- 1 & 2 左足左踏下沉，重心回右足，左足併右足旁
- 3 & 4 右足右踏下沉，重心回左足，右足併左足旁

RESTART : After finishing Section7 of wall 2 ,wall4, wall 6

Proposal : Hand movements refer to the demo

Have fun!!! Happy Dance

Contact – Irene Deng - E-mail: yuanmei40681@gmail.com
