

Only Girl (zh)

COPPER KNOB
STYLEDANCE

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Simon Ward (AUS) & Niels Poulsen (DK) - 2011年01月
音乐: Only Girl - Rihanna : (CD: Only Girl In The World)



前奏 : Intro: 32 counts from first beat (app. 15 seconds into track). Start with weight on L

第一段 ¼ R, L Rock Fw, ½ Shuffle Turn L, Fw R, ¾ Spiral Turn L, L Step Lock

- 1-3 Turn ¼ R stepping fw on R (1), rock fw on L (2), recover on R (3) 3:00 右轉90度右足前踏, 左足前下沉, 右足回復
- 4&5 Turn ¼ L stepping L to L side (4), step R next to L (&), turn ¼ L stepping L fw (5) 9:00
左轉90度左足左踏, 右足併踏, 左轉90度左足前踏(面向9點鐘)
- 6-7 Step fw on R (6), turn ¾ L on R foot ending with L leg hooked across R shin (7) 12:00
右足前踏, 左轉270度左足於右小腿前勾(面向12點鐘)
- 8& Step fw on L (8), lock R behind L (&) 12:00
左足前踏, 右足於左足後鎖踏(面向12點鐘)

第二段 Fw L, R Rock Fw, R Back Lock Step, ¼ L, Point R, Hold, Together

- 1-3 Step fw on L (1), rock R fw (2), recover on L (3) 12:00
左足前踏, 右足前下沉, 左足回復(面向12點鐘)
- 4&5 Step back on R (4), lock L over R (&), step back on R (5) 12:00
右足後踏, 左足於右足前鎖踏, 右足後踏(面向12點鐘)
- 6-7 Turn ¼ L stepping L to L side (6), point R to R side (7) 9:00
左轉90度左足左踏, 右足右點(面向9點鐘)
- 8& Hold (8), step R slightly behind L (&) 9:00
候, 右足略於左足後踏(面向9點鐘)

第三段 Cross, R Side Rock, R Samba Step, Cross, Point, Cross R

- 1-3 Cross L over R (1), rock R to R side (2), recover on L (3) 9:00
左足於右足前交叉踏, 右足右下沉, 左足回復(面向9點鐘)
- 4&5 Cross R over L (4), rock L to L side (&), recover on R (5) 9:00
右足於左足前交叉踏, 左足左下沉, 右足回復(面向9點鐘)
- 6-7 Cross L over R (6), point R to R side (7) 9:00
左足於右足前交叉踏, 右足右點(面向9點鐘)
- 8 Cross R over L (8) 9:00 右足於左足前交叉踏(面向9點鐘)

第四段 Push Back L, Together R, Fw L, R Step Lock Step, Fw L, ½ R, R Coaster Step

- 1-3 Step L a big step back leaving R toe pointed (1), step R next to L (2), walk fw L (3) 9:00
左足後一大步右足趾點, 右足併踏, 左足後走(面向9點鐘)
- 4&5 Step fw on R (4), lock L behind R (&), step fw on R (5) 9:00
右足前踏, 左足於右足後鎖踏, 右足前踏(面向9點鐘)
- 6-7 Step fw on L (6), make ½ R on L foot (7) – weight remains on L foot 3:00 左足前踏, 右轉180度(重心仍在左足, 面向3點鐘)
- 8& Step back on R (8), step L next to R (&)
右足後踏, 左足併踏

RESTART on wall 3, facing 3:00, stepping R fw 3:00.

: 第三面牆面向3點鐘時, 右足前踏, 從頭起跳

The last step of your coaster step is the first step of your restart. This also means you don't turn ¼ R as you would normally on count 1

海岸步的最後1拍是從頭起跳的第1拍, 也就是說不用像第一段第1拍那樣右轉90度, 只是做海岸步最後的右足前踏

第五段 Fw R, Walk L R, L Step Lock Step, Rock R Fw, Recover Sweep ¼ R, R Sailor

- 1-3 Step fw on R (1), walk L fw (2), walk R fw (3) 3:00
右足前踏, 左足前走, 右足前走(面向3點鐘)
- 4&5 Step fw on L (4), lock R behind L (&), step fw on L (5) 3:00
左足前踏, 右足於左足後鎖踏, 左足前踏(面向3點鐘)
- 6-7 Rock fw on R (6), turn ¼ R as you recover back on L and sweep R out to R side (7) 6:00
右足前下沉, 右轉90度左足回復右足繞至後(面向6點鐘)
- 8& Cross R behind L (8), step L a small step to L side (&) 6:00
右足於左足後交叉踏, 左足略左踏(面向6點鐘)

第六段 Side R, Cross, ¼ L Back, ¼ L Into L Chasse, Hold, Ball Step, Hold, Together

- 1-3 Step R to R side (1), cross L over R (2), turn ¼ L stepping back on R (3) 3:00
右足右踏, 左足於右足前交叉踏, 左轉90度右足後踏(面向3點鐘)
- 4&5 Turn ¼ L stepping L to L side (4), step R next to L (&), step L to L side (5) 12:00
左轉90度左足左踏, 右足併踏, 左足左踏(面向12點鐘)
- 6&7 Hold (6), step R next to L (&), step L to L side (7) 12:00
候, 右足併踏, 左足左踏(面向12點鐘)
- 8& Hold (8), step R next to L (&) 12:00
候, 右足併踏(面向12點鐘)

第七段 Side L, Cross Rock, R Chasse, Cross, ¼ L Back, L Back Lock

- 1-3 Step L to L side (1), cross rock R over L (2), recover back on L (3) 12:00 左足左踏, 右足於左足前交叉踏, 左足回復(面向12點鐘)
- 4&5 Step R to R side (4), step L next to R (&), step R to R side (5) 12:00 右足右踏, 左足併踏, 右足右踏(面向12點鐘)
- 6-7 Cross L over R (6), turn ¼ L stepping back on R (7) 9:00
左足於右足前交叉踏, 左轉90度右足後踏(面向9點鐘)
- 8& Step back on L (8), lock R over L (&) 9:00
左足後踏, 右足於左足前鎖踏(面向9點鐘)

第八段 Back L, R Back Rock, R Kick Ball Point Into Monterey ¼ L, Touch R Together

- 1-3 Step back on L (1), rock back on R (2), recover fw onto L (3) 9:00 左足後踏, 右足後下沉, 左足回復(面向9點鐘)
- 4&5 Kick R fw (4), step R next to L (&), point L to L side (5) 9:00
右足前踢, 右足併踏, 左足左點(面向9點鐘)
- 6-7 Turn ¼ L on R stepping L next to R (6), point R to R side (7) 6:00 左轉90度左足併踏, 右足右點(面向6點鐘)
- 8 Touch R next to L (8) 6:00 右足併點(面向6點鐘)

TAG: END of wall 6, facing 6:00: 加拍:第六面牆結束, 面向6點鐘

- 1-4 Turn ¼ R stepping R fw (1), rock L fw (2), recover on R (3), turn ¼ L stepping L to L side (4) 6:00
右轉90度右足前踏, 左足前下沉, 右足回復, 左轉90度左足左踏(面向6點鐘)
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