

Poison Paradise (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Toxic (feat. Ol' Dirty Bastard & Tiggers) - Mark Ronson : (Clean Version)



第一段

- 1,2 1) Point R foot to R side, bending L knee slightly; 2) Step R foot across and in front of L foot. 右足右點左膝略彎, 右足於左足前交叉踏
- 3&4 3) Rock L foot to L side; &) Recover to R foot; 4) Step L foot across and in front of R foot. 左足左下沉, 右足回復, 左足於右足前交叉踏
- 5,6 5) Make a 1/4 turn R Rocking forward on R foot (facing 3 O'clock); 6) Recover to L foot. 右轉90度右足前下沉(面向3點鐘), 左足回復
- 7&8 7) Make a 1/4 turn R stepping forward on R foot; &) Make a 1/2 turn R stepping back on L foot; 8) Make a 1/4 turn R stepping R foot to R side.
右轉90度右足前踏, 右轉180度左足後踏, 右轉90度右足右踏
(*This triple step is traveling R and slightly back on a diagonal*)
這三步轉圈會向右且略向後斜角轉動

第二段

- 1,2 1) Walk forward on L foot; 2) Walk forward on R foot.
左足前走, 右足前走
(*This is the start of a 1/2 turn walk around to the L. You should be turning slightly left as you step on the R foot.*)
準備開始要走步轉圈, 所以當右足前走時要略向左轉
- 3&4 3&4) Continue walking forward L-R-L to finish the half turn L. (facing 9 O'clock) 三前走左轉180度-左, 右, 左(面向9點鐘)
(*These three steps are small steps NOT a shuffle!*)
這三步是小走步, 但是不是交換步
- 5 5) Step R foot forward, toe out, prepping for R turn.
右足前踏, 左足趾左點準備右轉
- 6&7 6) Make a 1/2 turn R stepping back on L foot; &) Make a 1/2 turn R stepping forward on R foot; 7) Step forward on L foot.
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏
- 8 8) Rock forward on R foot. 右足前下沉

第三段

- &1,2 &) Recover to L foot; 1) Step R foot next to L foot pushing hips back; 2) Step forward on L foot.
左足回復, 右足併踏後推臀, 左足前踏
- 3&4 3) Rock forward on R foot; &) Recover to L foot; 4) Make a 1/4 turn R stepping R foot to R side.
右足前下沉, 左足回復, 右轉90度右足右踏
- 5,6 5) Step L foot across and in front of R foot; 6) Make a 1/2 turn R stepping R foot across and in front of L foot.
左足於右足前交叉踏, 右轉180度右足於左足前交叉踏
- 7&8 7) Make a 1/4 turn R stepping back on L foot; &) Take a small step back on R foot; 8) Step L foot back, locking over and in front of R foot. 右轉90度左足後踏, 右足後一大步, 左足於右足前鎖踏

第四段

- 1,2 1) Make a 1/4 turn R, rocking a large step to R side; 2) Recover to L foot. 右轉90度右足右一大步做右下沉, 左足回復

- 3&4 3) Make a 1/2 turn L stepping R foot to R side; &) Step L foot across and in front of R foot; 4) Rock a large step to R side.
左轉180度右足右踏, 左足於右足前交叉踏, 右足右一大步做下沉步
- 5,6 5) Recover to L foot; 6) Step forward on R foot.
左足回復, 右足前踏
- 7,8& 7) Pivot 1/2 turn L, taking weight on L; 8) Make a 1/4 turn L, stepping R foot to R side; &) Step L foot next to R foot. (facing 9 O'clock)
左軸轉180度重心在左足, 左轉90度右足右踏, 左足併踏(面向9點鐘)
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