

Stone Cold (zh)

COPPER KNOB
STEPPING

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Stone Cold - Alan Connor



前奏 : Intro: 48 Counts (24 secs) Start on "Know"

第一段 Back R Drag, Back Left, ½ Turn Right, Step Hold, Full Turn Forward

- 1-2 Big step back on right, Drag left to meet right
右足後一大步, 左足拖併
- 3-4 Step back on left, ½ turn right stepping forward on right [6]
左足後踏, 右轉180度右足前踏(面向6點鐘)
- 5-6 Step forward on left, HOLD 左足前踏, 候
- 7-8 ½ turn left stepping back on right, ½ turn left stepping forward on left [6] 左轉180度右足後踏, 左轉180度左足前踏(面向6點鐘)
- Easier Option 7-8 Walk forward right, Walk forward left
7-8拍簡易版: 右足前走, 左足前走

第二段 Forward Rock, Shuffle Back, ½ Turn Left, Step ¼ Turn Left Cross

- 1-2 Rock forward on right, recover on left 右足前下沉, 左足回復
- 3&4 Step back on right, Step left next to right, Step back on right
右足後踏, 左足併踏, 右足後踏
- 5-6 ½ turn left stepping forward on left, Step forward on right [12]
左轉180度左足前踏, 右足前踏(面向12點鐘)
- 7-8 ¼ turn left stepping left to left side, Cross right over left [9]
左轉90度左足左踏, 右足於左足前交叉踏(面向9點鐘)

第三段 Chasse L, Back Rock, Right Kick Ball Cross, Right Rock

- 1&2 Step left to left side, Step right next to left, Step left to left side 左足左踏, 右足併踏, 左足左踏
- 3-4 Rock back on right, recover on left 右足後下沉, 左足回復
- 5&6 Kick right foot forward, Step right next to left, Cross left over right 右足前踢, 右足併踏, 左足於右足前交叉踏
- 7-8 Rock right to right side, Recover on left 右足右下沉, 左足回復

第四段 Jazz Box, 2x Step ½ Pivot Left

- 1-2 Cross right over left, Step back on left
右足於左足前交叉踏, 左足後踏
- 3-4 Step right to right side, Step forward on left 右足右踏, 左足前踏
- 5-6 Step forward on right, ½ pivot turn left [3]
右足前踏, 左軸轉180度(面向3點鐘)
- 7-8 Step forward on right, ½ pivot turn left [9]
右足前踏, 左軸轉180度(面向9點鐘)

Easier: Option 5-8 Rock forward on right, Recover on left, Rock back on right, Recover on left 5-8拍簡易版: 右足前下沉, 左足回復, 右足後下沉, 左足回復

第五段 Side Right Hold, & Cross Hold, ¼ Turn Back Side, Cross Shuffle

- 1-2 Step right to right side, HOLD 右足右踏, 候
- &3-4 Step left next to right, Cross right over left, HOLD
左足併踏, 右足於左足前交叉踏, 候

- 5-6 ¼ turn right stepping back on left, Step right to right side [12]
右轉90度左足後踏, 右足右踏(面向12點鐘)
- 7&8 Cross left over right, step right to right side, Cross left over right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第六段 Side, Right Hold, & Cross Hold, ¼ Turn Back Side, Cross Shuffle

- 1-2 Step right to right side, HOLD 右足右踏, 候
- &3-4 Step left next to right, Cross right over left, HOLD
左足併踏, 右足於左足前交叉踏, 候
- 5-6 ¼ turn right stepping back on left, Step right to right side [3]
右轉90度左足後踏, 右足右踏(面向3點鐘)
- 7&8 Cross left over right, step right to right side, Cross left over right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第七段 ¼ Monterey Cross, Chasse Right, Back Rock

- 1-2 Point right to right side, ¼ turn right stepping right next to left [6] 右足右點, 右轉90度右足併踏(面向6點鐘)
- 3-4 Point left to left side, Cross left over right
左足左點, 左足於右足前交叉踏
- 5&6 Step right to right side, Step left next to right, Step right to right side 右足右踏, 左足併踏, 右足右踏
- 7-8 Rock back on left, Recover on right 左足後下沉, 右足回復

第八段 Chasse Left, Back Rock. Sweep Forward Right, Sweep Forward Left

- 1&2 Step left to left side, Step right next to left, Step left to left side 左足左踏, 右足併踏, 左足左踏
- 3-4 Rock back on right, recover on left 右足後下沉, 左足回復
- 5-6 Ronde sweep right from back to front, Step forward on right
右足由後繞至前, 右足前踏
- 7-8 Ronde sweep left from back to front, Step forward on left [6]
左足由後繞至前, 左足前踏(面向6點鐘)
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