

Thinking It Over (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Beginner
编舞者: Kim Ray (UK) - 2011年01月
音乐: Knee Deep In the Blues - The Derailers : (CD: Full Western Dress)



前奏 : 32 count intro 32拍後起跳

第一段 Weave Right, Step Right, Hold, Back Rock 右華倫, 右踏 候 後下沉 回復

- 1-2 Step right to right side. Cross left behind right.
右足右踏, 左足於右足後交叉踏
- 3-4 Step right to right side. Cross left over right.
右足右踏, 左足於右足前交叉踏
- 5-6 Step right to right side. Hold. 右足右踏, 候
- 7-8 Rock back on left. Recover forward onto right.
左足後下沉, 右足回復

第二段 Weave Left, Step Left, Hold, Back Rock 左華倫, 左踏 候 後下沉 回復

- 1-2 Step left to left side. Cross right behind left.
左足左踏, 右足於左足後交叉踏
- 3-4 Step left to left side. Cross right over left.
左足左踏, 右足於左足前交叉踏
- 5-6 Step left to left side. Hold. 左足左踏, 候
- 7-8 Rock back on right. Recover forward onto left.
右足後下沉, 左足回復

第三段 Step, 1/2 Pivot Left, Step, Hold, Step, 1/2 Pivot Right, Step, Hold 踏 轉 踏 候, 踏 轉 踏 候

- 1-2 Step forward on right. Pivot 1/2 turn left.
右足前踏, 左軸轉180度
- 3-4 Step forward on right. Hold and clap.
右足前踏, 候(拍手)
- 5-6 Step forward on left. Pivot 1/2 turn right.
左足前踏, 右軸轉180度
- 7-8 Step forward on left. Hold and clap.
左足前踏, 候(拍手)

第四段 Step Touches, Chasse Right, Touch 右踏 併點, 左踏 併點, 右追步 併點

- 1-2 Step right to right side. Touch left beside right.
右足右踏, 左足併點
- 3-4 Step left to left side. Touch right toe beside left.
左足左踏, 右足併點
- 5-6 Step right to right side. Close left beside right.
右足右踏, 左足併踏
- 7-8 Step right to right side. Touch left beside right.
右足右踏, 左足併點

第五段 Side Together Forward, Hold, Chasse 1/4 Turn Right, Hold
左併前候, 追步轉1/4候

- 1-2 Step left to left side. Close right beside left.
左足左踏, 右足併踏
- 3-4 Step left forward. Hold. 左足前踏, 候
- 5-6 Step right to right side. Step left beside right.
右足右踏, 左足併踏
- 7-8 Step right 1/4 turn right. Hold. 右轉90度右足踏, 候

第六段 Side Together Back, Hold, Chasse 1/4 Turn Right, Hold
左併後候, 追步轉1/4候

- 1-2 Step left to left side. Close right beside left.
左足左踏, 右足併踏
- 3-4 Step back on left. Hold. 左足後踏, 候
- 5-6 Step right to right side. Close left beside right.
右足右踏, 左足併踏
- 7-8 Step right 1/4 turn right. Hold. 右轉90度右足踏, 候

第七段 Left Mambo Forward, Right Mambo Back
前曼波候, 後曼波候

- 1-2 Rock forward on left. Rock back on right. 左足前下沉, 右足回復
- 3-4 Step back on left. Hold. 左足後踏, 候
- 5-6 Rock back on right. Rock forward on left. 右足後下沉, 左足回復
- 7-8 Step right to right side. Hold. 右足右踏, 候

第八段 Knee Pops 彈膝

- 1-2 Pop left knee in towards right. Hold. 左膝靠右彈, 候
- 3-4 Pop right knee in towards left. Hold. 右膝靠左彈, 候
- 5-6 Pop left knee in towards right. Pop right knee in towards left.
左膝靠右彈, 右膝靠左彈
- 7-8 Pop left knee in towards right. Pop right knee in towards left.
左膝靠右彈, 右膝靠左彈
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