

Back It Up (重拾回憶) (zh)

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Darren Bailey (UK) & Raymond Sarlemijn (NL) - 2012年09月
音乐: Back It Up - Caro Emerald



第一段 Walk x2, 3/4 chase turn L, syncopated weave R, 1/4 turn R

- 1-2 Step forward on Rf, step forward on Lf 右足前踏, 左足前踏
- 3&4 Step forward on Rf, make a 1/2 turn pivot L (weight ends on Lf), make a 1/4 turn L and step Rf to R side 右足前踏, 左軸轉180度重心在左足, 左轉90度右足右踏
- 5&6& Cross Lf behind Rf, step Rf to R side, cross Lf over Rf, step Rf to R side 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏, 右足右踏
- 7-8 Cross Lf behind Rf, make a 1/4 turn R and step forward on Rf 左足於右足後交叉踏, 右轉90度右足前踏

第二段 1/2 chase turn R, 1/2 turn L x2, 1/4 turn L bump to R, 1/2 turn L bump to L

- 1&2 Step forward on Lf, make a 1/2 turn pivot R (weight ends on Rf), step forward on Lf 左足前踏, 右軸轉180度重心在右足, 左足前踏
- 3-4 Make a 1/2 turn L and step back on Rf, make a 1/2 turn L and step forward on Lf 左轉180度右足後踏, 左轉180度左足前踏
- 5-6 Make a 1/4 turn L and touch Rf to R side at the same time bump hip up to R, step down onto Rf 左轉90度右足右點右推臀, 右足踏
- 7-8 Make a 1/2 turn L and touch Lf to L side at the same time bump hip up to L, step down onto Lf 左轉180度左足左點左推臀, 左足踏

第三段 Cross, back, side, x2, Walk x2, out, out, in, cross

- 1&2 Cross Rf over Lf, step back on Lf, step Rf to R side 右足於左足前交叉踏, 左足後踏, 右足右踏
- 3&4 Cross Lf over Rf, step back on Rf, step Lf to L side 左足於右足前交叉踏, 右足後踏, 左足左踏
- 5-6 Step forward on Rf, step forward on Lf 右足前踏, 左足前踏
- 7&8& step Rf to R side, Step Lf to L side, Step Rf into centre, cross Lf over Rf 右足右踏, 左足左踏, 右足回踏, 左足於右足前交叉踏

第四段 1/4 turn R, step forward, pivot 1/2 turn L, 1/2 turn L stepping back, walk back x3, close.

- 1-2 Make a 1/4 turn R and step forward on Rf, step forward on Lf 右轉90度右足前踏, 左足前踏
- 3-4 Make a 1/2 turn pivot R (weight ends on Rf), make a 1/2 turn R and step back on Lf 右軸轉180度(重心在右足), 右轉180度左足後踏
- 5-6 Step back on Rf, step back on Lf 右足後踏, 左足後踏
- 7-8 Step back on Rf, close Lf next to Rf 右足後踏, 左足併踏

(Feel free to add you own styling to the walk backs)

連續後走步, 可自由發揮跳出自己的風格