

Zhen Xi (珍惜) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Nina Chen (TW) - 2018年11月
音乐: Zhen Xi (珍惜) - Alec Su (蘇有朋)



Intro: 16 counts

Sec1: NIGHT CLUB BASIC, WALK - WALK, FWD MAMBO

1-2&, 3-4& Step RF to R - Rock LF behind RF - Recover on RF, Step LF to L - Rock RF behind LF - Recover on LF
5-6, 7&8 Step RF fwd - Step LF fwd, Rock RF fwd - Recover on LF - Step RF back
1-2&, 3-4& 右足右踏 - 左足後跨下沉 - 重心回右足, 左足左踏 - 右足後跨下沉 - 重心回左足
5-6, 7&8 右足前踏 - 左足前踏, 右足前下沉 - 重心回左足 - 右足後踏

Sec2: BACK WITH SWEEP - BACK WITH SWEEP, SAILORS 1/4 L, SIDE ROCK - RECOVER - CROSS SHUFFLE

1-2, 3&4 Step LF back with sweep - Step RF back with sweep, Cross LF behind RF - 1/4 turn L (9:00) step RF beside LF - Cross LF over RF
5-6, 7&8 Rock RF to R - Recover on LF, Cross shuffle (R L R)
1-2, 3&4 左足由前往後繞踏下 - 右足由前往後繞踏下, 左足後跨 - 左轉1/4 (9:00) 右足併踏左足旁 - 左足前跨
5-6, 7&8 右足右下沉 - 重心回左足, 前跨交換步 (右 左 右)

Sec3: 3/4 TURN R, FWD SHUFFLE, FWD ROCK - RECOVER, FWD SHUFFLE 1/2 R

1-2, 3&4 1/4 turn R (12:00) step LF back - 1/2 turn R (6:00) step RF fwd, Fwd shuffle (L R L)
5-6, 7&8 Rock RF fwd - Recover on LF, Fwd shuffle (R L R) 1/2 R
1-2, 3&4 右轉 1/4 (12:00) 左足後踏 - 右轉 1/2 (6:00) 右足前踏, 前交換步(左 右 左)
5-6, 7&8 右足前下沉 - 重心回左足, 前交換步 (右 左 右) 向右轉1/2 (12:00)

Sec4: FWD - PIVOT 1/4 R, CROSS SHUFFLE, ROCKING CHAIR

1-2, 3&4 Step LF fwd - Pivot 1/4 turn R (3:00) weight on LF, Cross shuffle (R L R)
5-8 Rock RF fwd - Recover on LF - Rock RF back - Recover on LF,
1-2, 3&4 左足前踏 - 向右踏轉 1/4 (3:00) 重心回左足, 前跨交換步 (左 右 左)
5-8 右足前下沉 - 重心回左足 - 右足後下沉 - 重心回左足

Tag: (4 counts) After wall2 & wall6 (6:00)

SWAY

1-4 Step RF to R while sway hips (R L R L)
1-4 右足右踏同時搖臀 (右 左 右 左)

Have Fun & Happy Dancing !!!

Contact Nina Chen : nina.teach.dance@gmail.com