

Paid My Dues (支付了我的会费) (zh)

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Low Improver
编舞者: Maria Nix (DE) - 2023年11月20日
音乐: Paid My Dues - Anastacia : (Album: Freak of nature)



开始: 经过 32 次计数.....击倒

Start: After 32 counts with ...knocked down

S1 : R-踢球交叉, 臀部颠簸, R-后侧交叉, L-剪刀交叉

1&2 RF 向前踢球和后退球, LF 在 RF 前传中
3&4 射频右步并移动臀部 R/L/R
5&6 射频交叉在LF后面, LF左步, 射频交叉在LF前面
7&8 低频左退, 关闭射频, 低频交叉在射频前

S1: R-kick ball cross, hip bumps, R-behind side cross, L-scissor cross

1&2 RF kick forward and set back on ball, LF cross in front of RF
3&4 RF step right and move hips R/L/R
5&6 RF cross behind LF, LF step left, RF cross in front of LF
7&8 LF step left, close RF, LF cross in front of RF

S2 : R-rock步进, L-步锁定步, R-杯垫步进, L-step 1/4枢轴朝向3点钟位置

1&2 射频向前和向后步进, 低频保持在原位
3&4 低频后退, 射频交叉在低频前, 低频后退
5&6 射频后退、关闭低频、射频前退
7&8 LF 向前迈进, 1/4 右转, 球朝向 3 点钟方向

S2: R-rock step, L-step lock step, R-coaster step, L-step 1/4 pivot facing 3 o'clock

1&2 RF step forward and back, LF remains on place
3&4 LF step back, RF cross in front of LF, LF step back
5&6 RF step back, close LF, RF step forward
7&8 LF step forward and 1/4 turn right on ball facing 3 o'clock

S3 : L-交叉侧跟, R-交叉侧跟, L-交叉洗牌, R-侧紧向前

1&2 LR 交叉在 RF 前面, RF 右步, LF 水龙头鞋跟
&3&4 低频放回原处, 射频交叉在低频前方, 低频左退, 射频敲击脚跟
&5&6 射频放回原处, 低频交叉在射频前面, 射频交叉在低频后面, 射频交叉在低频前面
7&8 射频右步, 关闭低频, 射频向前步进

S3: L-cross side heel, R-cross side heel, L-cross shuffle, R-side close forward

1&2 LR cross in front of RF, RF step right, LF tap heel
&3&4 LF put back down, RF cross in front of LF, LF step left, RF tap heel
&5&6 RF put back down, LF cross in front of RF, RF place behind LF, RF cross in front of LF
7&8 RF step right, close LF, RF step forward

S4 : L侧闭合, R-步锁步, L-步锁步, R-放卷1/2朝9点钟

1&2 低频左退, 关闭射频, 低频后退
3&4 射频后退, 射频前低频交叉, 射频后退
5&6 低频后退, 射频交叉在低频前, 低频后退
7-8 射频将脚趾放在 LF 后面, 脚趾 1/2 向右转朝 9 点钟方向, 关闭 LF

S4: L-side close back, R-step lock step, L-step lock step, R-unwind 1/2 facing 9 o'clock

1&2 LF step left, close RF, LF step back
3&4 RF step back, LF cross in front of RF, RF step back

5&6 LF step back, RF cross in front of LF, LF step back
7-8 RF place toe behind LF, on toe ½ turn right facing 9 o'clock, close LF

***1 个标签 (16 计数) 在第 3 轮面向 6 点钟方向 , 以 R/L 踩踏结束 S2 (步骤 7-8) :**

S1 : R-滚动藤蔓 , L-葡萄藤 1/2 枢轴朝向 12 点钟位置

1-4 RF 右步 , LF 1/2 转朝 12 点钟 , RF 1/2 转朝 6 点钟 , 关闭 LF
5-8 LF 向左移动 , 在 LF 后面交叉 RF , LF 1/2 圈朝向 12 点钟方向 , 关闭 RF

S2 : R-葡萄藤、L-滚动藤

1-4 射频右步 , 在射频后面交叉低频 , 射频右步 , 关闭低频
5-8 LF 向左移动 , RF 1/2 转朝向 6 点钟 , LF 1/2 转朝向 12 点钟 , 关闭 RF

***1 Tag (16 counts) in round 3 facing 6 o'clock, end S2 with R/L stomp (steps 7-8):**

S1: R-rolling vine, L-grapevine ½ pivot facing 12 o'clock

1-4 RF step right, LF ½ turn facing 12 o'clock, RF ½ turn facing 6 o'clock, close LF
5-8 LF step left, cross RF behind LF, LF ½ turn facing 12 o'clock, close RF

S2: R-grapevine, L-rolling vine

1-4 RF step right, cross LF behind RF, RF step right, close LF
5-8 LF step left, RF ½ turn facing 6 o'clock, LF ½ turn facing 12 o'clock, close RF

结束 : 第9轮结束后 , 面向12点整圈放松

Ending: After completion of round 9, unwind with full turn facing 12 o'clock
