

A-Ba-Ni-Bi

COPPER KNOB
STEPSHETS

拍数: 0 墙数: 1 级数: Phrased Easy Intermediate
编舞者: JnS Linedance (MY) - June 2009
音乐: Ai Ni De Zhi You Yi Ke Wo (愛你的只有一個我) - Harlem Yu (庾澄慶)



Sequence Of Dance: A, B, A(32) /tag1/A(32), B(33-64), A(32), C, A(32) /tag2 /A(32), A(8), ending
Intro: 40 counts of hard beats.

Part A

Section 1 – Hand movements

- 1-4 (Sit on your right, touch left to 9.00 but turn body to 12.00), draw clockwise circles with right fist x 4
- 5 ¼ turn right, straighten right foot and hitch left while pointing right forefinger up. (9.00)
- 6 Step left forward bringing right hand down
- 7 Touch right beside left pointing right fingers forward
- 8 Step right back and sitting on it.

Section 2 – Hand movements

- 1-8 Repeat section 1

Section 3 – Hip Bumps

- 1-4 ¼ turn right bumping hips right x 4 (12.00)
- 5-8 Bump hips left x 4

Section 4 – Toe-Heel-Cross, Hold

- 1-4 Right toe touch beside left, right heel forward, cross right over left, hold
 - 5-8 Left toe touch beside right, left heel forward, cross left over right, hold
- [You will dance until this section for A(32)]

Section 5 – Hand movements

- 1-8 Repeat section 1

Section 6 – Posture

- 1-2 ¼ turn right pointing right finger diagonal up to sky, hold (12.00)
- 3-4 Point downward across left, hold
- 5-8 Splash both hands downwards by the hip side, rotate wrists turning palms up, hold for 3 counts.

Part B

Section 1 – Diagonal lock step, scuff

- 1-4 Step right diagonal forward, lock left to right, step right diagonal forward, scuff left
- 5-8 Step left diagonal forward, lock right to left, step left diagonal forward, scuff right

Section 2 – Jazz box with toe strut

- 1-2 Touch right toe over left, drop right heel
- 3-4 Touch left toe back, drop left heel
- 5-6 Touch right toe beside left, drop right heel
- 7-8 Touch left toe over right, drop left heel

Section 3 – Jazz box with toe strut

- 1-8 Repeat section 2 of Part B

Section 4 – Diagonal lock step, scuff

- 1-8 Repeat section 1 of Part B

[You will start dance from this section until section 8 for B(33-64)]

Section 5 – Back step-touches

- 1-2 Step right diagonal back, touch left beside right
- 3-4 Step left diagonal back, touch right beside left
- 5-6 Step right diagonal back, touch left beside right
- 7-8 Step left diagonal back, touch right beside left

Section 6 – Forward step-touches

- 1-2 Step right diagonal forward, touch left beside right
- 3-4 Step left diagonal forward, touch right beside left
- 5-6 Step right diagonal forward, touch left beside right
- 7-8 Step left diagonal forward, touch right beside left

Section 7 – Out, hold, out, hold, rock, hold, rock, hold

- 1-2 Step right out to right, hold
- 3-4 Step left out to left, hold
- 5-6 Rock right, hold
- 7-8 Rock left, hold

Section 8 – Monterey ½ turn right x 2

- 1-2 Point right to right side, ½ turn right step right beside left (6.00)
- 3-4 Point left to left side, close left to right
- 5-6 Point right to right side, ½ turn right step right beside left (12.00)
- 7-8 Point left to left side, close left to right

Part C

Section 1 – Forward slide, drag, back slide, drag

- 1-4 (1.00) Slide right forward (1,2), drag left towards right (3,4)
- 5-8 (1.00) Slide left backward (5,6), drag right towards left (7,8)

Section 2 – ¼ turn right Forward slide, drag, back slide, drag

- 1-4 ¼ turn right (5.00) slide right forward (1,2), drag left towards right (3,4)
- 5-8 (5.00) Slide left backward (5,6), drag right toward left (7,8)

Section 3 – ¼ turn right Forward slide, drag, back slide, drag

- 1-4 ¼ turn right (7.00) slide right forward (1,2), drag left towards right (3,4)
- 5-8 (7.00) Slide left backward (5,6), drag right towards left (7,8)

Section 4 - ¼ turn right Forward slide, drag, back slide, drag

- 1-4 ¼ turn right (11.00) slide right forward (1,2), drag left towards right (3,4)
- 5-8 (11.00) Slide left backward (5,6), drag right towards left (7,8)

Section 5 – Hip sways

- 1-4 (12.00) Sway hips to right (4 counts)
- 5-8 (12.00) Sway hips to left (4 counts)

Section 6 – Slow pivot turn

- 1-2 Step forward right, hold
- 3-4 Pivot ½ turn left, hold (6.00)
- 5-6 Step forward right, hold
- 7-8 Pivot ½ turn left, hold (12.00)

Section 7 – Out, out, in, in x 2

- 1-2 Step right out to right side, step left out to left side
- 3-4 Step right in, step left in
- 5-6 Step right out to right side, step left out to left side

7-8 Step right in, step left in

Section 8 – Syncopated out, hold, in, hold, out, hold

&1-2 Step right & left out, hold
&3-4 Step right & left in, hold
&5-8 Step right & left out, hold for 3 counts.

TAG 1

Section 1 – ¼ turn right-step-touch-bounce x4

&1-2 ¼ turn right step right in place, touch left beside right, bounce on both feet (3.00)
&3-4 ¼ turn right step left in place, touch right beside left, bounce on both feet (6.00)
&5-6 ¼ turn right step right in place, touch left beside right, bounce on both feet (9.00)
&7-8 ¼ turn right step left in place, touch right beside left, bounce on both feet (12.00)

Section 2 – Step-touch-bounce x 2, posture

1&2 Step right to right side, touch left beside right, bounce on both feet
3&4 Step left to left side, touch right beside left, bounce on both feet
5-8 Step right to right side, point right forefinger up to sky, hold for 3 counts

TAG 2

Section 1 – Diagonal walk forward, touch, walk back, touch

1-4 (1.00) Walk forward along right diagonal on RLR, touch left beside right
5-8 (1.00) Walk back on LRL, touch right beside left

Section 2 – Diagonal walk forward, touch, walk back, touch

1-4 ¼ turn right (5.00) walk forward on RLR, touch left beside right
5-8 (5.00) Walk back on LRL, hitch right and shout “hey”

Section 3 – Diagonal walk forward, touch, walk back, touch

1-4 ¼ turn right (7.00) walk forward on RLR, touch left beside right
5-8 (7.00) Walk back on LRL, touch right beside left

Section 4 – Diagonal walk forward, touch, walk back, touch

1-4 ¼ turn right (11.00) walk forward on RLR, touch left beside right
5-8 (11.00) Walk back on LRL, hitch right and shout “hey”

Section 5 – ¼ turn right-step-touch-bounce x 4

&1-2 ¼ turn right step right in place, touch left beside right, bounce on both feet (3.00)
&3-4 ¼ turn right step left in place, touch right beside left, bounce on both feet (6.00)
&5-6 ¼ turn right step right in place, touch left beside right, bounce on both feet (9.00)
&7-8 ¼ turn right step left in place, touch right beside left, bounce on both feet (12.00)

Section 6 – Side-touch-bounce x 4, rocking chair

1&2 Step right to right side, touch left beside right, bounce on both feet
3&4 Step left to left side, touch right beside left, bounce on both feet
5&6 Step right to right side, touch left beside right, bounce on both feet
7&8 Step left to left side, touch right beside left, bounce on both feet
9-12 Rocking chair on RLRL

Ending

1-2 Both hands touch both front shoulders, hold
3-4 Both hands across in front of chest, hold
5-6 Both hands touch both front shoulders, hold
7-8 Both hands across in front of chest, hold

- 1-2 Point right forefinger diagonal up to sky, hold
- 3-4 Point downward across to left, hold
- 5-6 Point right forefinger diagonal up to sky, hold
- 7-8 Point downward across to left, hold

Any posture until music end.

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