

B.C.O (BABY COME ON) (zh)

COPPER KNOB
BY STEPHEN LEE

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Rachael McEnaney (USA) - 2009年10月
音樂: Baby Come On - Chris Anderson : (CD: Last Night)



前奏 : Count In: 16 counts from start of track. Begin on vocals "Baby baby"

- 第一段 Stomp R, ¼ Turn L With L Kick Ball Change, Step Forward L, Rock Forward R, ¼ R Side Shuffle**
右重踏, 左1/4帶踢交換, 左前踏, 右前下沉, 右1/4側交換
- 12&3 Stomp right foot forward (1), make ¼ turn left kicking left foot forward (2), step in place with ball of left (&), step in place with right (3) [9.00] 右足前重踏, 左轉90度左足前踢, 左足踏, 右足踏(面向9點鐘)
- 4-6 Step forward on left (4), rock forward on right (5), recover weight onto left (6) [9.00] 左足前踏, 右足前下沉, 左足回復(面向9點鐘)
- 7&8 Make ¼ turn right stepping right to right side (7), step left next to right (&) step right to right side (8), [12.00]
右轉90度右足右踏, 左足併踏, 右足右踏(面向12點鐘)
- 第二段 Ball Side Rock, R Crossing Shuffle, 2 X ¼ Turns Right Stepping L R, L Cross & Heel Jack 併側下沉, 交叉交換, 二次右1/4, 交叉併踵點**
- &1,2 Step left next to right (&), rock right to right side (1), recover weight onto left (2) [12.00] 左足併踏, 右足右下沉, 左足回復(面向12點鐘)
- 3&4 Cross right over left (3), step left to left side (&), cross right over left (4) [12.00]
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向12點鐘)
- 5,6 Make ¼ turn right stepping back on left (5), make ¼ turn right stepping right to right side (6) [6.00]
右轉90度左足後踏, 右轉90度右足右踏(面向6點鐘)
- 7&8 Cross left over right (7), step right to right side (&), touch left heel to left diagonal (8) [6.00]
左足於右足前交叉踏, 右足右踏, 左足踵左斜角點(面向6點鐘)
- 第三段 Heel Switch R & L, R Cross & Heel Jack, Heel Switch L & R, L Shuffle Forward 踏點踏點, 交叉併踵點, 踏點踏點, 前交換**
- &1&2 Step in place with left (&), touch right heel forward (1), step in place with right (&), touch left heel forward (2) [6.00]
左足踏, 右足踵前點, 右足踏, 左足踵前點(面向6點鐘)
- &3&4 Step in place (& slightly back) with left (&), cross right over left (3), step left to left side (&), touch right heel to right diagonal (4) [6.00]
左足略後踏, 右足於左足前交叉踏, 左足左踏, 右足踵右斜角點(6點鐘)
- &5&6 Step in place with right (&), touch left heel forward (5), step in place with left (&), touch right heel forward (6) [6.00]
右足踏, 左足踵前點, 左足踏, 右足踵前點(面向6點鐘)
- &7&8 Step in place with right (&), step forward on left (7), step right next to left (&), step forward on left (8) [6.00]
右足踏, 左足前踏, 右足併踏, 左足前踏(面向6點鐘)
- 第四段 Hip Bumps Forward R, Hip Bumps Forward L, Step R, ½ Pivot L, Walk R L**
右前踏推臀, 左前踏推臀, 踏, 轉, 走, 走
- 1&2 Touch right toe forward bumping hips forward (1), bump hips back (&), bump hips forward taking weight to right (2) [6.00]
右足趾前點前推臀, 後推臀, 前推臀重心在右足(面向6點鐘)
- 3&4 Touch left toe forward bumping hips forward (3), bump hips back (&), bump hips forward taking weight to left (4) [6.00]
左足趾前點前推臀, 後推臀, 前推臀重心在左足(面向6點鐘)
- 5-6 Step forward on right (5), pivot ½ turn left (weight ends on left) (6) [12.00] 右足前踏, 左軸轉180度(重心在左足)(面向12點鐘)

7-8 Step forward on right (7), step forward on left (8) [12.00]
右足前踏, 左足前踏(面向12點鐘)

RESTART HERE ON 6th wall – you will begin 6th wall facing 9.00 and will restart also facing 9.00 第六面牆跳至此面向9點鐘時, 從頭起跳

第五段 Rock Forward R, ½ Turn R Shuffle, Rock Forward L, ¾ Turn L Shuffle
右前下沉, 右轉交換, 左前下沉, 左轉交換

1-2 Rock forward on right (1), recover weight onto left (2) [12.00]
右足前下沉, 左足回復(面向12點鐘)

3&4 Make ¼ turn right stepping right to right side (3), step left next to right (&), make ¼ turn right stepping right to right side (4) [6.00]
右轉90度右足右踏, 左足併踏, 右轉90度右足右踏(面向6點鐘)

5-6 Rock forward on left (5), recover weight onto right (6) [6.00]
左足前下沉, 右足回復(面向6點鐘)

7&8 Make ½ turn left stepping forward on left (7), step right next to left (&), make ¼ turn left stepping forward on left (8) [9.00]
左轉180度左足前踏, 右足併踏, 左轉90度左足前踏(面向9點鐘)

第六段 Step Diagonally Forward R And L, Step Back In Place R And L, Syncopated Out-Out In-In Out-Out In-In.
斜前踏-右, 左, 後踏-右, 左, 變奏外外內內, 外外內內

1-2 Step diagonally forward on right (1) (option to put R hand on R hip), step left foot to left side (2) (option to put L hand on L hip) [9.00]
右足斜角前踏(右手放右臀), 左足左踏(左手放左臀)(面向9點鐘)

3-4 Step back on right (3) (option to put R hand on butt), step left next to right (4) (option to put L hand on butt) [9.00]
右足後踏(右手放在臀部), 左足併踏(左手放在臀部)(面向9點鐘)

&5&6 Step right to right side (&), step left to left side (5), step right in towards left (&), step left next to right (6) [9.00]
右足右踏, 左足左踏, 右足併踏, 左足併踏(面向9點鐘)

&7&8 Step right to right side (&), step left to left side (7), step right in towards left (&), step left next to right (8) [9.00]
右足右踏, 左足左踏, 右足併踏, 左足併踏(面向9點鐘)

ENDING: The last wall ends facing 3.00 – at end of dance make ¼ turn left to face front stepping right to right side with arms in air!

結束: 面向3點鐘, 左轉90度面向前面牆右足右踏, 雙手向上抬
