

Breaking News?? (zh)

COPPER KNOB
STYLISTS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Lynne Martino (USA) - 2010年12月
音樂: Breaking News - Michael Jackson



前奏: After 32 counts of instrumental, start on vocals

第一段 Walk, Walk, Mambo, Mambo, Step, ½ Turn

- 1,2 Walk forward R(1), L(2) 右足前走, 左足前走
3&4 Rock R forward(3), recover weight on L(&), step R next to L(4)
右足前下沉, 左足回復, 右足併踏
5&6 Rock L forward(5), recover weight on R(&), step L next to R(6)
左足前下沉, 右足回復, 左足併踏
7,8 Step R forward(7), pivot turn ½ left putting weight on L(8)
右足前踏, 左軸轉180度重心在左足
Styling for mambos: after rocking forward instead of stepping back, Slide your foot back into place
曼波跳法: 前下沉的腳往後併踏, 以滑步方式滑向後併踏

第二段 Walk, Walk, Chasse, Cross Rock, Recover, Step ¼, Hold, Tap, Tap

- 1,2 Walk forward R(1),L(2) 右足前走, 左足前走
3&4 Shuffle to the right R(3),L(&),R(4) 前交換-右, 左, 右
5&6 Cross rock L behind R(5), recover weight on R(&),step ¼ left on L(6) 左足於右足後交叉下沉, 右足回復, 左轉90度左足踏
7&8 Hold count 7, tap R twice(&8)(put weight on R for ct 8,feet should be shoulder width apart) 候, 右足點二次(第8拍點的位置與肩同寬)

第三段 Hip Bumps, Back, Back, Coaster Step

- 1&2 Bump R hip right(1), left(&), right(2) ending with weight on R
推臀-右, 左, 右(結束重心在右足)
3&4 Bump L hip, left(3), right(&), left(4) ending with weight on L
推臀-左, 右, 左(結束重心在左足)
5,6 Walk back R(5), L(6) 右足後走, 左足後走
7&8 Step R back(7), step L next to R(&), step R forward(8)
右足後踏, 左足併踏, 右足前踏

Restart 1 on Wall 2. Dance up to count 24 and finish with a touch (6 o'clock)

第二面牆跳至此, 右足前踏改成點, 從頭起跳(面向6點鐘)

第四段 Shuffle, Side Rock, Recover, Weave, Wide Step, Drag, Touch

- 1&2 Shuffle forward L(1), R(&), L(2) 前交換-左, 右, 左
3,4 Side rock R to right side(3), recover weight on L(4)
右足右下沉, 左足回復
5&6 Step R behind L(5), step L to left side(&), cross R over L(6)
右足於左足後踏, 左足左踏, 右足於左足前交叉踏
7,8 Take a wide step left with L foot(7) and drag R touching R next to L(8) 左足左大步, 右足拖併點

第五段 ¼ Turn Shuffle, 1/2 Turn Shuffle, ½ Turn Shuffle, Rock, Recover

- 1&2 Step R forward ¼ right and shuffle R(1), L(&), R(2)
右90度轉交換-右, 左, 右
3&4 Shuffle back ½ turn right L(3), R(&), L(4)
右180度轉交換-左, 右, 左
5&6 Shuffle forward ½ turn right R(5), L(&), R(6)
右180度轉交換-右, 左, 右

7,8 Rock L forward(7), recover weight on R(8)
左足前下沉, 右足回復

第六段 Ball Step, Cross Step, Hold, Ball Cross, Step, Hip Bumps

&1,2 Step back on L(&), step R to right side(1), cross step L over R(2) 左足後踏, 右足右踏, 左足於右足前交叉踏

3&4 HOLD ct 3, step on ball of R(&), cross step L over R(4)
候, 右足踏, 左足於右足前交叉踏

5&6&7&8 Step on R and bump R hip, right, left,right, left, right,left, right 右足右踏推臀-右, 左, 右, 左, 右, 左, 右

Styling for cts 5-8: put left arm out to the side as if holding the neck of a guitar And strum with your right hand bringing right hand down on the right bump and up on the left bump, etc
5-8拍:左手伸向外, 好像握有一把吉他, 右手彈吉他, 右推臀右手向下, 左推臀右手推上

Restart 2 on Wall 4, Dance up to count 48 & shift weight onto L (3 o'clock)

第四面牆跳至此, 多一個&拍重心移至左足(面向三點鐘)

第七段 Ball Cross, ¼, Side Rock, Step, Rock, Recover, Back, Back, Back

&1,2 Step on ball of L next to R,(&), cross step R over L(1), step L ¼ forward
左足併踏, 右足於左足前交叉踏, 左轉90度左足前踏

3&4 Side rock R(3), recover weight on L(&), step forward on R(4)
右足右下沉, 左足回復, 右足前踏

5,6 Rock L forward(5), recover weight on R(6)
左足前下沉, 右足回復

7&8 Step back L(7), R(&),L(8) 後走步-左, 右, 左

Styling: place both arms in front of you with palms out in front for cts 7&8
7&8拍雙手伸向前, 手掌朝前面

第八段 Side Rock, Step, Rock, Recover, ½ Turn Shuffle, ½ Chaise With A Touch

1&2 Side rock R to right side (1), recover weight on L(&), step forward on R(2) 右足右下沉, 左足回復, 右足前踏

3,4 Rock L forward(3), recover weight on R(4)
左足前下沉, 右足回復

5&6 Making ½ turn left shuffle forward L(5), R(&), L(6)
左180度轉交換-左, 右, 左

7&8 Step forward on R(7), make ½ turn left(&), touch R next to L(8)
右足前踏, 左轉180度, 右足併點
