

Cuz I Said So (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - 2010年11月
音樂: Cause I Said So - Ne-Yo



前奏 : Starts On Vocal.. (24 Counts)

第一段 Step, Rock & Together, Knee Pop, Stomp, Hitch, Coaster Step

- 1 Step forward on Left. 左足前踏
- 2&3 Rock to Right side on Right, recover on Left, step Right next to Left.
右足右下沉, 左足回復, 右足併踏
- 4 Pop Left knee forward (heel comes up) as Right hip pushes out slightly. (Right leg is dead straight, weight on Right)
左膝前彈(踵抬)右推臀重心在右足
- 5-6 Push Left heel down as you lift Right slightly & stomp Right forward, hitch Right knee. 左足踵踏前推右足略抬右足前重踏, 右膝抬
- 7&8 Step back on Right, step Left next to Right, step forward on Right.
右足後踏, 左足併踏, 右足前踏

第二段 1/4 Cross, Rock & Cross, 1/4, Back, Back, Back, 1/4 Rock & Cross.

- 1 Make 1/4 turn to Left cross stepping Left over Right.
左轉90度左足於右足前交叉踏
- 2&3 Rock to Right side on Right, recover on Left, cross step Right over Left.
右足右下沉, 左足回復, 右足於左足前交叉踏
- 4-6 Make 1/4 turn to Right stepping back on Left, walk back Right-Left.
右轉90度左足後踏, 右足後踏, 左足後踏
- 7&8 Make 1/4 turn to Right rocking Right to Right side, recover on Left, cross step Right over Left.
右轉90度右足右下沉, 左足回復, 右足於左足前交叉踏

第三段 Side, Behind 1/4 Side, Rock & 1/4, Sailor 1/2, Step.

- 1 Step Left to Left side. 左足左踏
- 2&3 Cross step Right behind Left, make 1/4 turn to Left stepping forward Left, step right to Right side.
右足於左足後交叉踏, 左轉90度左足前踏, 右足右踏
- 4&5 Cross rock Left behind Right, recover on Right, make 1/4 turn to Right stepping back on Left.
左足於右足後交叉踏, 右足回復, 右轉90度左足後踏
- 6&7 Cross step Right behind Left making 1/4 turn to Right, step Left next to Right, make 1/4 turn Right stepping forward on Right. (9:00)
右足於左足後交叉踏右轉90度, 左足併踏, 右轉90度右足前踏(面向9點鐘)
- 8 Step forward on Left. 左足前踏

第四段 Step, Rock & Step, Back & Pop & Pop, Walk, Walk.

- 1 Step forward on Right. 右足前踏
- 2&3 Rock forward on Left, recover on Right, step back on Left.
左足前下沉, 右足回復, 左足後踏
- 4&5 Step Right behind Left so Right instep faces Left heel (L knee facing 9:00, R knee facing 12:00, body will turn slightly to face Right diagonal 10:30), lift both heels as knees pop forward, lower heels.
右足於左足後踏(右足對左踵, 左膝向9點, 右膝向12點, 身體面向10:30斜角), 雙足踵抬膝前彈, 雙足踵踏

&6 Lift both heels as knees pop forward, lower heels.
抬雙踵膝前彈, 雙踵踏

7-8 Walk forward Left-Right straightening up to (9:00)
左足前走, 右足前走(站立, 面向9點鐘)

第五段 1/4 Cross, Point, Touch & Touch, Step Down, Back, Back Together, 1/2 .

1-2 Make 1/4 turn to Left cross stepping Left over Right, point Right to Right side. 左轉90度左足於右足前交叉踏, 右足右點

3&4 Touch Right next to Left, point Right to Right side, touch Right next to Left (Right heel raised).
右足併點, 右足右點, 右足併點(右足踵抬)

5-6 Press Right heel down, step back on Left.
右足踵壓踏, 左足後踏

7&8 Step back on Right, step Left next to Right, make 1/2 turn to Right stepping forward on Right. 右足後踏, 左足併踏, 右轉180度右足前踏

第六段 Rock Step, Back, Back, 1/4, Cross, Back, Side, Cross.

1-2 Rock forward on Left, recover on Right.
左足前下沉, 右足回復

&3-4 Step back on Left, step back on Right, make 1/4 turn to Left stepping Left to Left side. 左足後踏, 右足後踏, 左轉90度左足左踏

5-8 Cross Right over Left, step back on Left, step Right to Right side, cross step Left over Right.
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足於右足前交叉踏

第七段 Unwind 1/2, Kick & Step (Shorty), Step, Rocking Chair.

1 Unwind 1/2 turn to Right (weight on Left).
右繞轉180度(重心在左足)

2&3 Kick Right forward diagonal Right, step Right next to Left as you bend knees slightly & turning slightly to Left diagonal, step forward on Left straightening up.
右足右斜角前踢, 右足併踏面向左斜角略彎膝, 左足前踏站立

4 Step forward on Right. 右足前踏

5-8 Rock forward on Left, recover on Right, rock back on Left, recover on Right. 左足前下沉, 右足回復, 左足後下沉, 右足回復

第八段 Step , Cross, Back, 1/4, Together. Forward, Together, Back, Back, Together.

1 Step forward on Left. 左足前踏

2&3 Cross Right over Left, make 1/4 turn to Right stepping back on Left, Right to Right side.
右足於左足前交叉踏, 左足後踏, 右轉90度右足右踏

4 Step Left next to Right. 左足併踏

5&6 Step forward on Right, step Left next to Right, step back on Right.
右足前踏, 左足併踏, 右足後踏

7-8 Step back on Left, step Right next to Left. 左足後踏, 右足併踏
