

Dy-No-Mite! (zh)

COPPER KNOB
BY PAPERKNOTS

拍數: 32 牆數: 4 級數: Intermediate / Advanced
編舞者: Bracken Heidenreich (USA) & Ruben Luna (USA) - 2010年12月
音樂: Dynamite - Taio Cruz : (Album: Rokstarr, Bonus Track Version)



前奏 : 16 count intro (Start on "dance")

第一段 Skate, Skate, Side Together Side, Cross Rock Side, Chug 1/8, Chug 1/8

- 1 Keeping knees slightly bent bring Right foot beside left foot while pivoting right on left foot to face 1:00 and step Right forward (Right skate) 右足膝略彎併踏, 右足轉向1點方向前踏(右足滑冰步)
- 2 Keeping knees slightly bent bring Left foot beside right foot while pivoting left on right foot to face 11:00 and step Left forward (Left skate) 左足膝略彎併踏, 左右足轉向11點方向前踏(左足滑冰步)
- 3&4 Step Right to right side, & Step Left next to right, Step Right to right side 右足右踏, 左足併踏, 右足右踏
- 5&6 Cross Rock Left over right, & Recover in place on Right, Step Left to left side 左足於右足前交叉下沉, 右足回復, 左足左踏
- 7-8 Keeping feet shoulder width apart chug Right foot/heel two times to make 1/4 turn left (9:00) (腳與肩同寬)僵屍跳兩次, 每次各轉45度(面向9點鐘)

第二段 Cross, Back, Glide Turn Side, Touch Out Out, Push, Push

- 1-2 Step Right across in front of left, Step Left back (push hips back for styling) 右足於左足前交叉踏, 左足後踏(後推臀)
- 3&4 Opening body to 10:30 diagonal step Right large step toward 1:30 diagonal, & (Sliding Left foot on floor) Touch left toe next to right foot (start turning toward 12:00 with this touch), Turn to face 12:00 to step Left to left side (12:00) (身體面向10:30)右足面向1:30斜角右大步, 左足滑併點, 轉正左足左踏
- 5&6 Turning hips toward 10:30 diagonal Touch Right next to left, & Squaring up to 12:00 step Right to right side, Step Left to left side 轉臀面向10:30右足併點, 轉正右足右踏, 左足左踏
- &7&8 &Shrug both shoulders up as you turn torso toward 10:30, Push shoulders down with Right arm straight down in front of body and Left arm straight down behind body, & Shrug both shoulders up as you turn torso toward 1:30, Push shoulders down with Left arm straight down in front of body and Right arm straight down behind body 擺動雙肩轉動身軀面向10:30, 右手在身體前伸向下左手伸向身體後, 擺動雙肩轉動身軀面向1:30, 左手在身體前伸向下右手伸向身體後

第三段 In, Quarter, Bend, Up, Pop, Pop, Walk, Walk

- 1-2 Bring Left leg next to right (Left knee popped forward, Right leg straight), 1/4 turn left keeping Left next to right (9:00) 左足併點(左膝前彈, 右腳伸直), 左轉90度左足併點(面向9點鐘)
- 3-4 Bend Right down (you are in a sitting position), Straighten Right (left knee still popped forward) 彎右膝呈坐姿, 右腳伸直左膝前彈
- 5-6 Straighten Left leg while popping Right knee forward, Straighten Right leg while popping Left knee forward (weight on right) 左腳伸直右膝前彈, 右腳伸直左膝前彈(重心在右足)
- 7-8 Step forward Left, Step forward Right 左足前踏, 右足前踏

第四段 Step Pivot, Step Pivot, Touch & Touch, Pop Walk, Pop Walk

- 1-2 Step Left forward, Pivot 1/2 turn right (3:00)
左足前踏, 右軸轉180度(面向3點鐘)
- 3-4 Step Left forward, Pivot 1/2 turn right (9:00)
左足前踏, 右軸轉180度(面向9點鐘)
- 5&6 Touch Left to left side, & Step Left next to right, Touch Right to right side 左足左點, 左足併踏, 右足右點
- 7 Step forward on Right (as you do so, close left to right popping left knee forward) 右足前踏(左足併踏左膝前彈)
- 8 Step forward on Left (as you do so, close right to left popping right knee forward) 左足前踏(右足併踏右膝前彈)
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