

Dynamo (zh)

COPPER KNOB
STYPSHEETS

拍數: 64 牆數: 2 級數: Improver
編舞者: Rachael McEnaney (USA) - 2010年09月
音樂: Dynamo - Si Cranstoun



前奏: Count In: Dance begins on vocals (20 counts from start of track) 20拍後唱歌起跳

第一段 Step Right, Touch Left Toe: In Out In, Weave Left.

- 1-4 Step right to right side (1), touch left next to right (2), touch left out to left side (3), touch left next to right (4) [12.00]
右足右踏, 左足併點, 左足左點, 左足併點(面向12點鐘)
- 5-8 Step left to left side (5), cross right behind left (6), step left to left side (7), cross right over left (8) [12.00]
左足左踏, 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏(面向12點鐘)

第二段 Left Toe Strutt, Right Back Rock, Right Heel Strutt, Left Back Rock.

- 1-4 Touch ball of left to left side (1), drop left heel to floor taking weight on L (2), rock back on right (3), recover weight onto left (4) [12.00]
左足趾左點, 左足踵踏, 右足後下沉, 左足回復(面向12點鐘)
- 5-8 Touch right heel to right side (5), drop right toe to floor taking weight on R (6), rock back on left (7) recover weight onto right (8) [12.00]
右足踵右點, 右足趾踏, 左足後下沉, 右足回復(面向12點鐘)
- Styling: On the back rocks really open the body to the diagonals swinging arms(right diagonal on right back rock, left diagonal on left back rock)
右足後下沉時身體面向右斜角, 左足後下沉時面向左斜角, 擺動雙手

第三段 ¼ Turn To Right With Knee Hitches, Left Lock Step Into Right Lock Step For 25-32

- 1-2 Make ¼ turn right stepping back on left (1), make ¼ turn right on ball of left hitching right knee (2), [6.00]
右轉90度左足後踏, 右轉90度右膝抬(面向6點鐘)
- 3-4 Make ¼ turn right stepping forward on right (3), hitch left knee (4) [9.00] 右轉90度右足前踏, 左膝抬(面向9點鐘)
- 5-8 Step diagonally forward on left (5), lock right behind left (6), step forward on left (7), step diagonally forward on right (8) [9.00]
左足斜角前踏, 右足於左足後鎖踏, 左足前踏, 右足斜角前踏(面向9點鐘)

第四段 End Of R Lock Step, Right Forward Rock, Left Coaster Step, Hold

- 1-4 Lock left behind right (1), step forward on right (2), rock forward on left (3), recover weight onto right (4) [9.00]
左足右足後鎖踏, 右足前踏, 左足前下沉, 右足回復(面向9點鐘)
- 5-8 Step back on left (5), step right next to left (6), step forward on left (7), hold (8) [9.00]
左足後踏, 右足併踏, 左足前踏, 候(面向9點鐘)

TAG: At this point on 5th wall – Add 4 count tag facing 9.00 wall:

第五面牆跳至此, 面向9點鐘, 加下面4拍

Walk forward right (1), hold (2), walk forward left (3), hold (4) then continue dance below 9.00 右足前走, 候, 左足前走, 候, 面向9點鐘, 接續下面舞步

第五段 Step Fwd Right, Hold, ½ Pivot Turn, Hold, Modified Jazz Box

- 1-4 Step forward on right (1), hold as you snap both fingers (2), pivot ½ turn left (weight ends left) (3), hold as you snap both fingers (4) [3.00]
右足前踏, 候(雙手彈指), 左軸轉180度(重心結束在左足), 候(雙手彈指)(面向3點鐘)
- 5-8 Step forward on right (5), hold as you snap both fingers (6), cross left over right (7), hold as you snap both fingers (8) [3.00]
右足前踏, 候(雙手彈指), 左足於右足前交叉踏, 候(雙手彈指)(3點鐘)

- 第六段 Right Back, Left Side, Right Cross, Left Kick, Left Behind, ¼ Turn Right, Left Fwd Toe Strut**
- 1-4 Step back on right (1), step left to left side (2), cross right over left (3), kick left to left diagonal (4) [3.00]
右足後踏, 左足左踏, 右足於左足前交叉踏, 左足左斜角前踢(面向3點鐘)
- 5-8 Cross left behind right (5), make ¼ turn right stepping forward on right (6), touch ball of left forward (7), drop left heel to floor taking weight to left (8) [6.00]
左足於右足後交叉踏, 右轉90度右足前踏, 左足前點, 左足踵踏重心在左足(面向6點鐘)

- 第七段 Step Fwd R- Close L (With Shimmy), Toe Split Pushing Weight Onto Heels, R Side Rock Crossing Toe Strut**
- 1-2 Step forward on right as you shimmy shoulders (1), step left next to right (still shimmying) (2) [6.00]
右足前踏抖動雙肩, 左足併踏(抖動雙肩)(面向6點鐘)
- 3-4 Put weight back onto heels as you split both toes out to sides (stick bottom out) (3), return toes together (4) [6.00]
重心在雙足踵, 雙足趾分開(臀部後推), 雙足趾合併(面向6點鐘)
- 5-8 Rock right to right side (5), recover weight onto left (6), cross ball of right over left (7), drop right heel to floor taking weight to right (8) [6.00]
右足右下沉, 左足回復, 右足趾於左足前交叉踏, 右足踵踏重心在右足(面向6點鐘)

- 第八段 Left Side Rock Into Crossing Heel Steps, Cross Left, Hold**
- 1-4 Rock left to left side (1), recover weight onto right (2), cross left heel over right (3), step right to right side (4) [6.00]
左足左下沉, 右足回復, 左足踵於右足前交叉踏, 右足右踏(面向6點鐘)
- 5-8 Cross left heel over right (5), step right to right side (6), cross left over right (7), hold (8) [6.00]
左足踵於右足前交叉踏, 右足右踏, 左足於右足前交叉踏, 候(面向6點鐘)

ENDING The dance finishes in section 17-24: Do the turning hitches then make another ¼ turn right doing big step to left side – TA DA!!! 12.00
結束時在第三段, 做兩次轉抬後右轉90度左足左大步, 面向12點鐘結束
