

Kinda Busy (有點忙) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Craig Bennett (UK) - 2009年12月
音樂: Telephone - Lady Gaga : (CD: Fame Monster)



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- 第一段** **Walk Back, Touch Back, Unwind ¼ Right, Ball-Cross, Side Left, Behind, Side, Cross**
後走, 後點, 繞轉1/4, 併-交叉, 左踏, 後, 旁, 前交叉
- 1-2 Walk back right, Walk back left 右足後走, 左足後走
- 3-4 Touch right back, ¼ turn right weight right (3.00)
右足後點, 右轉90度右足踏(面向3點鐘)
- 8&5-6 Step left next to right, Cross right over left, Step left side left
左足併踏, 右足於左足前交叉踏, 左足左踏
- 7&8 Right behind left, step left to left side, Cross right over left
右足於左足後踏, 左足左踏, 右足於左足前交叉踏
- 第二段** **Side Left Rock, Recover, Left Sailor ¼ Left, Right Forward Rock, Recover, Shuffle ½ Right**
左下沉回復, 左1/4轉水手, 前下沉回復, 轉交換
- 1-2 Rock left side left, Recover 左足左下沉, 右足回復
- 3&4 Left behind right, Side right ¼ left, Side left (12.00)
左足於右足後踏, 左轉90度右足右踏, 左足左踏(面向12點鐘)
- 5-6 Rock right forward, Recover 右足前下沉, 左足回復
- 7&8 Side right ¼ right, Together left, Step right forward ¼ right (6.00)
右轉90度右足右踏, 左足併踏, 右轉90度右足前踏(面向6點鐘)
- 第三段** **Left Kickball Touch, Roll Right Knee, Roll Left Knee ¼ Left, Touch Right, Weight Right, Side Left**
左踢併點, 右膝轉, 左1/4膝轉, 右點, 踏, 左踏
- 1&2 Kick left forward, Together left, Touch right side right
左足前踢, 左足併踏, 右足右點
- 3-4 Roll right knee to right, Weight right 右膝轉向右, 重心在右足
- 5-6 Roll left knee to left, Turning ¼ left weight left (3.00)
左膝轉向左, 左轉90度重心在左足(面向3點鐘)
- 7&8 Touch right next to left, Weight right, Slide left side left
右足併點, 右足踏, 左足滑左踏
- 第四段** **Slide Right Together, Hitch Right, Right Coaster, Left Forward Rock, Recover, Shuffle ½ Left** 右滑
併 抬, 海岸步, 下沉回復, 轉交換
- 1-2 Slide right towards left, Hitch right 右足滑向左足, 右足抬
- 3&4 Step back right, Together left, Step forward right
右足後踏, 左足併踏, 右足前踏
- 5-6 Rock left forward, Recover 左足前下沉, 右足回復
- 7&8 Side left ¼ left Together right, Step left forward ¼ left (9.00)
左轉90度左足踏, 右足併踏, 左轉90度左足前踏(面向9點鐘)
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