

Tell It Like It Is (有話直說) (zh)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Advanced
編舞者: Malene Jakobsen (DK) - 2010年09月
音樂: Tell It Like It Is - John Wesley Ryles



前奏: Intro: 2 counts, app. 4 sec. into track - dance begins with weight on L 2拍(約4秒)開始起跳

第一段 Rock, Ball, Back Rock, ½, ¼, ½, Ball Step With Hitch, Shuffle Back, Back With Sweep
下沉回, 併, 後下沉回, 1/2, 1/4, 踏轉, 併踏帶抬, 後交換, 後帶繞

- 1-2 (1) Rock forward on R, (2) recover onto L 12.00
右足前下沉, 左足回復(面向12點鐘)
- a3-4 (a) Step R next to L, (3) rock back on L (4) recover onto R
右足併踏, 左足後下沉, 右足回復
- &a (&) Turn ½ R stepping back on L, (a) turn ¼ R stepping forward on R 9.00 右轉180度左足後踏, 右轉90度右足前踏(面向9點鐘)
- 5-6 (5) Step forward on L, (6) turn ½ R 3.00
左足前踏, 右轉180度(面向3點鐘)
- a7 (a) step L next to R, (7) step forward on R hitching L
左足併踏, 右足前踏左足抬
- 8&a (8) Step back on L, (&) step R next to L, (a) step back on L
左足後踏, 右足併踏, 左足後踏
- 1 (1) step back on R sweeping L from front to back
右足後踏左足由前繞至後

第二段 Back With Sweep, Back Rock, Run Forward, ¼ Point, Cross, Side, Back Rock, Side Rock, Cross
後帶繞, 後下沉回, 跑三次, 1/4點, 交叉, 右, 後下沉回, 左下沉回, 交叉

- 2 (2) Step back on L sweeping R from front to back
左足後踏右足由前繞至後
- a3 Rock back on R, (3) recover onto L 右足後下沉, 左足回復
- 4&a (4&a) Run forward R, L, R 前跑-右, 左, 右
- 5 (5) On ball of R make ¼ turn R pointing L to L side 6.00
右轉90度左足左點(面向6點鐘)
- 6a (6) Cross L over R, (a) step R to R side
左足於右足前交叉踏, 右足右踏
- 7-8 (7) Rock back on L, (8) recover onto R 左足後下沉, 右足回復
- &a1 (&) Rock L to L side, (a) recover onto R, (1) cross L over R
左足左下沉, 右足回復, 左足於右足前交叉下沉

第三段 Recover, Side, Cross Rock, Side, Step, Touch, ¾, Ball, Touch, Full Turn, Mambo 回復, 左, 交叉下沉回復, 右, 踏, 點, ¾, 踏, 點, 轉圈, 前曼波

- 2a (2) Recover onto R, (a) step L to L side, 右足回復, 左足左踏
- 3-4 (3) Cross R over L, (4) recover onto L
右足於左足前交叉下沉, 左足回復
- &a (&) Step R to R side, (a) step forward on L 右足右踏, 左足前踏
- 5-6 (5) Touch R behind L, (6) make ¾ turn R putting weight on R 3.00
右足於左足後點, 右轉270度重心在右足(面向3點鐘)
- a7-8 (a) Step slightly forward on L, (7) touch R behind L, (8) make full turn R putting weight on R
左足略前踏, 右足於左足後點, 右轉圈結束重心在右足

&a1 (&) Rock forward on L, (a) recover onto R, (1) step back on L
左足前下沉, 右足回復, 左足後踏

第四段 Recover, Ball, Side Rock, Cross, Side, Behind, Side, Cross, ¼, Step, ½, Full Turn
回, 併, 右下沉 回, 交叉, 左, 後, 旁, 前, 1/4, 踏, 轉, 轉, 轉

2 (2) Recover onto R 右足回復

a3-4 (a) Step L next to R, (3) rock R to R side, (4) recover onto L
左足併踏, 右足右下沉, 左足回復

&a5 (&) Cross R over L, (a) step L to L side, (5) cross R behind L
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏

a6 (a) Step L to L side, (6) cross R over L
左足左踏, 右足於左足前交叉踏

a7 (a) Turn ¼ L stepping forward on L, (7) step forward on R 12.00
左轉90度左足前踏, 右足前踏(面向12點鐘)

8 (8) Turn ½ L – weight on L 6.00
左轉180度重心在左足(面向6點鐘)

&a (&) Turn ½ L stepping back on R, (a) turn ½ L stepping forward on L 6.00 左轉180度右足後踏, 左轉180度左足前踏(面向6點鐘)
