

The Pulse (心跳節奏) (zh)

COPPER KNOB
STEPSHETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK) - 2010年10月
音樂: Who Owns My Heart - Miley Cyrus : (CD: Can't Be Tamed)



前奏 : Start after a 32 Count intro. 32拍後起跳

- 第一段 Step Left Forward, Side Touch Right, Step Back, Side Touch Left, Coaster Step, Step, Pivot 1/2 Turn Left.**
前踏 右點 後踏 左點, 海岸步, 踏 轉
- 1-4 Step forward on L. Touch R out to R side. Step back on R. Touch L out to L side. 左足前踏, 右足右點, 右足後踏, 左足左點
- 5&6 Step back on L. Step R next to L. Step forward on L. 左足後踏, 右足併踏, 左足前踏
- 7-8 Step forward on R. Pivot 1/2 turn L. 右足前踏, 左軸轉180度
- 第二段 Step, Pivot 1/2 Turn Left, Cross Step, Step Left, Sailor Step With 1/4 Turn Right, Shuffle Forward On Left.**
踏 轉 交叉 左, 後 1/4旁 前, 前交換
- 1-2 Step forward on R. Pivot 1/2 turn L. 右足前踏, 左軸轉180度
- 3-4 Cross step R over L. Step L out to L side. 右足於左足前交叉踏, 左足左踏
- 5&6 Cross step R behind L. Turn 1/4 R stepping L to L side. Small step forward on R. 右足於左足後交叉踏, 右轉90度左足左踏, 右足略前踏
- 7&8 Step forward on L. Step R next to L. Step forward on L. [3 o'clock.] 左足前踏, 右足併踏, 左足前踏(面向3點鐘)
- 第三段 Full Turn Left, Rock Forward On Right, Recover, Step Back, Heel Swivel, Step Back, Side Touch Right.** 轉 轉, 前曼波, 踵轉向左 轉 回, 後 右點
- 1-2 Turn 1/2 L stepping back on R. Turn 1/2 Left stepping forward on L. 左轉180度右足後踏, 左轉180度左足前踏
- 3-5 Rock forward on R. Recover back on to L. Step back on R. 右足前下沉, 左足回復, 右足後踏
- &6 Coming up on to the balls of the feet swivel both heels L. Swivel both heels back to centre. 雙足踵轉向左, 雙足踵轉回
- 7-8 Step back on L. Touch R out to R side. 左足後踏, 右足右點
- 第四段 Right Hitch Ball Cross, Side Rock Right, Recover, Weave Left, Side Rock Left. Recover** 抬 踏 交叉, 右 下沉 回復, 後 旁 前, 左下沉 回復
- 1&2 Hitch R knee up. Step down on ball of R. Cross step L over R. 右膝抬, 右足踏, 左足於右足前交叉踏
- 3-4 Side rock R on R. Recover on to L. 右足右下沉, 左足回復
- 5&6 Cross step R behind L. Step L to L side. Cross step R over L. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 7-8 Side rock L on L. Recover on to R. 左足左下沉, 右足回復
- 第五段 Cross Step Behind, Side, Forward, Shuffle Forward, Step, Pivot 1/4 Turn Right, Cross Step, Side Step.**
後 旁 前, 前交換, 踏 1/4 交叉 右

- 1&2 Cross step L behind R. Step R to R side. Step forward on L.
左足於右足後交叉踏, 右足右踏, 左足前踏
- 3&4 Step forward on R. Step L next to R. Step forward on R.
右足前踏, 左足併踏, 右足前踏
- 5-8 Step forward on L. Pivot 1/4 turn R. Cross step L over R. Step R to R side. 左足前踏, 右軸轉90度, 左足於右足前交叉踏, 右足右踏

***RESTART: There is one restart DURING wall 3. Dance up to count 40 and start again from the beginning of the dance facing 12 o'clock.**

第三面牆, 跳至此面向12點鐘時, 從頭起跳

第六段 Cross Step, Turn 1/2 Left on Right, Left, Cross Step, Turn 1/2 Right on Left, Right, Rock Forward, Recover

交叉 左1/4 1/4 交叉 1/4 1/4 下沉 回復

- 1-3 Cross step L over R. Turn 1/4 L stepping back on R. Turn 1/4 L stepping L to L side. [12 o'clock.]
左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度左足左踏(12點鐘)
- 4-6 Cross step R over L. Turn 1/4 R stepping back on L. Turn 1/4 R stepping R to R side. [6 o'clock.]
右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足右踏
- 7-8 Rock forward On L. Recover on R.
左足前下沉, 右足回復

第七段 Side Rock Left, Recover, Sailor Step, Cross Shuffle, Side Step Left, Touch In. 左下沉 回復, 水手步, 交叉交換, 左踏 併點

- 1-2 Side rock L on L. Recover on R. 左足左下沉, 右足回復
- 3&4 Cross step L behind R. Step R to R side. Step L to L side.
左足於右足後交叉踏, 右足右踏, 左足左踏
- 5&6 Cross step R over L. Step L to L side. Cross step R over L.
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 7-8 Step L to L side. Touch R next to L instep.
左足左踏, 右足併點

第八段 Side Step Right, Touch In, Rock Back On Left, Recover, Jazz Box With 1/4 Turn Left. 右踏 併點, 後下沉 回復, 爵士方塊帶左1/4

- 1-2 Step R to R side. Touch L next to R instep.
右足右踏, 左足併點
- 3-4 Rock back on L. Recover on to R.
左足後下沉, 右足回復
- 5-8 Cross step L over R. Turn 1/4 L stepping back on R. Step L to L side. Small step forward on R. [3 o'clock.]
左足於右足前交叉踏, 左轉90度右足後踏, 左足左踏, 右足略前踏(3點鐘)
-