

JFF (Just For Fun) (好玩而已) (zh)

COPPER KNOB
BY STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
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音樂: Don't Stop 'Til You Get Enough - Michael Jackson : (CD: Number Ones)



第一段 POINT CROSS, POINT CROSS, POINT CROSS, POINT TOGETHER 點交叉, 點交叉, 點交叉, 點併

- 1 Point right foot out 右足右點
- 2 Cross right foot in front left foot 右足於左足前交叉踏
- 3 Point left foot out 左足左點
- 4 Cross left foot in front right foot 左足於右足前交叉踏
- 5 Point right foot out 右足右點
- 6 Cross right foot in front left foot 右足於左足前交叉踏
- 7 Point left foot out 左足左點
- 8 Put left foot next to right foot 左足併踏

第二段 STEP OUT RECOVER, STEP OUT RECOVER, WALK BACKWARDS 踏回復, 踏回復, 後走步

- 1 Step out on right foot, while doing this swing right arm in front of your body 右足右踏(右手臂伸向身體前)
- 2 Put right foot next left foot 右足併踏
- 3 Step out on left foot, while doing this swing left arm in front of your body 左足左踏(左手臂伸向身體前)
- 4 Put left foot next right foot 左足併踏
- 5 Step backwards with right foot 右足後踏
- 6 Step backwards with left foot 左足後踏
- 7 Step backwards with right foot 右足後踏
- 8 Step backwards with left foot 左足後踏

第三段 STEP OUT TOGETHER, SHUFFLE FULL TURN, SHUFFLE 踏併, 交換轉圈, 交換

- 1 Step out on right foot 右足右踏
- 2 Left foot next to right foot 左足併踏
- 3&4 Shuffle, right left right 交換步(右, 左, 右)
- 5 Cross left foot in front right foot 左足於右足前交叉踏
- 6 Turn a full turn over right shoulder 轉圈
- 7&8 Shuffle, left right left 交換步(左, 右, 左)

第四段 HEEL GRIND ¼ TURN, COASTER STEP, SCUFF, FULL TURN 足踵, 轉1/4, 海岸步, 踢擦步, 轉圈

- 1 Cross right heel in front left foot 右足踵於左足前交叉踏
- 2 Turn ¼ over right shoulder, while doing this put left foot backwards 轉90度左足後踏
- 3 Step back right foot. & put left foot next to right foot 右足後踏併左足

- 4 Step forward on right foot 右足前踏
 - 5 Step forward on left foot 左足前踏
 - 6 Scuff right foot 右足踢擦
 - 7 Cross right foot over left foot 右足於左足前交叉踏
 - 8 Turn a full turn over left shoulder 轉圈
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