

No One's Gonna Stop Me (無人能擋) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - 2008年06月
音樂: Give It 2 Me - Madonna : (Album: Hard Candy)



前奏 : Starts after 32 Counts 32拍後起跳

第一段 Step, Funky Shuffle, Step, Out, Out, Back, Cross.
踏, 交換步, 踏, 外, 外, 後, 交叉

- 1 Step forward on Right. (straight leg, popping Left knee forward)
右足前踏(腿伸直, 左膝前彈跳)
- 2&3 Step forward on Left, step Right next to Left, step forward on Left. (straight legs, popping opposite knees)
左足前踏, 右足併踏, 左足前踏(腿伸直, 右膝蓋彈跳)
- 4 Step forward on Right. (straight leg popping Left knee forward)
右足前踏(腿伸直, 左膝前彈跳)
- 5-6 Step out & slightly forward Left, step out & slightly forward Right. (pushing hips forward) 左足略外前踏, 右足略外前踏(向前推臀)
- 7-8 Step back on Left, cross/lock Right over Left. (bendy knees)
左足後踏, 右足於左足前交叉踏/鎖步(彎膝)

第二段 Back, 1/2 Shuffle Turn, Step, 1/2 Pivot, Step, 1/4 Together, Step.
後, 轉1/2交換步, 踏, 轉1/2, 踏, 轉1/4併, 踏

- 1 Step back on Left. 左足後踏
- 2&3 Make 1/4 turn Right stepping Right to Right side, step Left next to Right, 1/4 to Right stepping forward on Right. (1/2 shuffle)
右轉90度右足右踏, 左足併踏, 右轉90度右足前踏(轉180度交換步)
- 4-5 Step forward on Left, pivot 1/2 turn to Right.
左足前踏, 右轉180度
- 6-8 Step forward on Left, make 1/4 turn to Right stepping Right next to Left, step forward on Left.
左足前踏, 右轉90度右足併踏, 左足前踏

第三段 Step, Mambo Step, Step, Step, Sailor 3/4 Cross, Side.
踏, 曼波踏, 踏, 踏, 水手3/4交叉, 側

- 1 Step forward on Right 右足前踏
- 2&3 Rock forward on Left, recover on Right, step Left next to Right. (sticking your butt out) 左足前下沉, 右足回復, 左足併踏(向外推臀)
- 4-5 Step forward on Right, step forward on Left 右足前踏, 左足前踏
- 6&7 Make 1/4 turn to Right stepping Right behind Left, 1/4 to Right stepping Left next to Right, 1/4 turn to Right cross stepping Right over Left.
右轉90度右足於左足後踏, 右轉90度左足併踏, 右轉90度右足於左足前交叉踏
- 8 Step Left to Left side. 左足左踏

第四段 Behind, Side, Cross, Rock & Cross, Slow 3/4 Unwind, Hitch.
後, 側, 交叉, 下沉 & 交叉, 慢轉3/4, 抬

- 1-3 Cross step Right behind Left, step Left to Left side, cross step Right over Left.
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 4&% Rock to Left side on Left, recover on Right, cross Left over Right (bending knees slightly)
左足左下沉, 右足回復, 左足於右足前交叉踏(略彎膝)

6-8 Unwind 3/4 turn to Right taking 2 counts (6-7), hitch Right knee. (8) 以2拍右轉270度, 抬右膝

Restart: Wall 5. 第五面牆從頭起跳

Dance up to & including Count 8 Section 4 (32) 第四段第8拍跳完時

You will be facing Left side wall with Right knee hitched. Restart from Count 1 but make 1/4 turn to Right 面向左面牆抬右膝, 從第1拍開始起跳, 但加右轉90度

So you restart facing front wall. 這樣才可以面向前面從頭起跳

第五段 Back, Coaster Step, Step, Step, 1/4 Pivot, Cross Shuffle.
後, 海岸步, 踏, 踏, 轉1/4, 交叉交換

1 Step back on Right. 右足後踏

2&3 Step back on Left, step Right next to Left, step forward on Left.
左足後踏, 右足併踏, 左足前踏

4-6 Step forward on Right, step forward on Left, pivot 1/4 turn to Right.
右足前踏, 左足前踏, 右轉90度

7&8 Cross step Left over Right, step Right to Right side, cross step Left over Right. 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第六段 Side, 1/4, 1/4, 1/4, Behind & Cross, Rock Step.
側, 1/4, 1/4, 1/4, 後 & 交叉, 下沉踏

1-2 Step Right to Right side, make 1/4 turn to Left stepping Left to Left side. 右足右踏, 左轉90度左足左踏

3-4 1/4 turn to Left stepping Right to Right side, 1/4 turn to Left stepping Left to Left side. (1-4 make a box shape)
左轉90度右足右踏, 左轉90度左足左踏(呈一個方塊型)

5&6 Cross step Right behind Left, step Left to Left side, cross step Right over Left. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

7-8 Rock to left side on Left, recover on Right.
左足左下沉, 右足回復

第七段 Behind, 1/4, Step, Right Lock Step, Step, 1/2 Pivot, 1/4 Together.
後, 1/4, 踏, 右鎖步, 踏, 轉1/2, 1/4併

1-3 Cross step Left behind Right, make 1/4 turn to Right stepping forward Right, step forward Left.
左足於右足後交叉踏, 右轉90度右足前踏, 左足前踏

4&5 Step forward on Right, lock Left behind Right, step forward on Right.
右足前踏, 左足於右足後鎖步, 右足前踏

6-8 Step forward on Left, pivot 1/2 turn to Right, make 1/4 turn to Right stepping Left next to Right.
左足前踏, 右轉180度, 右轉90度左足併踏

第八段 Point & Heel & Heel & Step, Together, Step, 1/2 Pivot, Together.
點 & 踵 & 踵 & 踏, 併, 踏, 轉1/2, 併

1&2& Point Right toe to Right side, step Right next to Left, touch Left heel forward, step Left next to Right.
右足右點, 右足併踏, 左足踵前點, 左足併踏

3&4 Touch Right heel forward, step Right next to Left, take big step forward Left. (leaning back)
右足踵前點, 右足併踏, 左足前一大步(身體向後)

5-8 Step Right next to Left, step forward on Left, pivot 1/2 turn to Right, step Left next to Right.
右足併踏, 左足前踏, 右轉180度, 左足併踏

Dance will then end facing front with you holding out your hand as Madge sings "Give It To Me" 結束時會面向前面牆, 伸出你的雙手好像瑪丹娜在唱"Give It To Me"
