

# Notice The Danger (危險預警) (zh)

COPPER KNOB  
BY STEPHEN METZ

拍數: 80      牆數: 0      級數: Intermediate  
編舞者: Guyton Mundy (USA) & Jordan Lloyd (UK) - 2008年09月  
音樂: Dangerous (feat. Akon) - Kardinal Offishall



前奏: Intro: 64 counts (29 secs) Start on Main Vocals (Total Song Duration 3m 42s)

Counts: 80 counts (Part A (48), Part B (32))

Sequence: B,A,B,B,A,B,B,B, ½ A, B,B,B (Most fun done contra!)

PART A (48 counts)

**第一段 Arm Shrugs X3, Chest Pop, Shoulder Pop, Sailor 1/4**  
手臂聳肩三次,

- 1&2 with right arm up and out to side at shoulder level and left arm down and out at waist level, both arms bent at elbow, shrug shoulders forward, pull shoulders back, reverse arm positions and repeat count 1 右手舉在肩高向側, 左手在腰部, 手肘略彎, 向前聳動肩膀, 肩膀向後拉回, 重覆動作
- &3&4 Pull shoulders back, repeat count 1 twice 重覆前項動作
- &5& bring right hand in front of chest palm facing into chest fingers curled slightly in, pop chest out while opening hand, collapse chest while curling fingers in slightly
- 6& pop left shoulder up slightly while sliding left hand up from chest to in front of left shoulder, drop left shoulder while bringing right hand back in front of chest, while shifting weight onto right foot 左肩略抬
- 7&8 step left behind right, make a 1/4 turn to right stepping forward on right, step left to left side (3:00) 左足於右足後踏, 右轉90度右足前踏, 左足左踏(面向3點鐘)

**第二段 Sailor 1/4, Step Touch, Side Together, Back, Coaster With Kick Back**  
轉水手1/4, 踏點, 側併, 後, 海岸步後踢

- 1&2 step right behind left, step together with left, make a 1/4 turn to right stepping forward on right (6:00) 右足於左足後踏, 左足併踏, 右轉90度右足前踏(面向6點鐘)
- 3,4 Big step fwd on L, touch R beside L 左足前一大步, 右足併點
- 5,6 Big slide to right on R, Step L beside R 右足右滑一大步, 左足併踏
- 7 Step back on R 右足後踏
- 8&1 Step back on L, step back on R, step fwd on L(hop) while kicking right back 左足後踏, 右足後踏, 左足前踏右足後踢

**第三段 Step Back, Coaster, Side Step With Elbow Throw, Coaster With Punch, Side Rock Cross 後踏, 海岸步, 側踏, 海岸步, 側下沉交叉**

- 2 Step back on R 右足後踏
- 3&4 Step back on L, step together with R, step fwd on L 左足後踏, 右足併踏, 左足前踏
- 5 Step R to right side while throwing right elbow out to right side right 右足右踏右手肘向右
- 6&7 Step back L, step together with R, step fwd L ( with left arm across body at chest level, roll right arm around left one rotation clock wise punching right arm forward above left on count 7) 左足後踏, 右足併踏, 左足前踏  
左手舉到胸部線位置, 右手向左以順時針方向轉
- 8&1 Rock R out to right side, recover on L, cross right over left 右足右踏, 左足回復, 右足於左足前交叉踏

**第四段 1/4, 1/2, 1/4, Step Out, Knee Pops, Shoulder Rocks, Ball Step To Side**  
1/4, 1/2, 1/4, 外踏, 膝彈, 肩搖, 踏併

- 2,3 Step L  $\frac{1}{4}$  to left side, step back on R turning  $\frac{1}{2}$  turn to left  
左轉90度左足左踏, 右足後踏左轉180度
- &4 Turning  $\frac{1}{4}$  to left step L to left side, step R out to right side (out, out) 左轉90度左足左踏, 右足右踏(out, out)
- &5 pop knees in (heels out), return knees to center (heels to center)  
膝蓋向內(足踵向外), 膝蓋回正(足踵歸正)
- 6,7 pop shoulders to left, pop shoulders to right  
肩膀向左轉, 肩膀向右轉
- &8 bright left into right, step right to right side  
左足併踏, 右足右踏

**第五段 Shrugs Forward, Walk X2, 1/2 Turn Jazz, Walk X2**  
前移, 走二次, 爵士轉1/2, 走二次

- 1,2 shrug body forward twice, Like a hop forward but your feet really don't leave the ground 身體往前移二次, 雙足不離地往前跳
- 3,4 Step R to right diagonal, step L to left diagonal  
右足右斜角線前踏, 左足左斜角線前踏
- 5&6 Cross R over L, step back on L turning  $\frac{1}{4}$  to right, step R to right side turning  $\frac{1}{4}$  to right  
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 walk forward left, right 前走步-左, 右

**第六段 Sailor X2, Hold, Ball Step To The Right, Ball Step To The Right, Touch 水手步二次, 候, 右踏, 右踏, 點**

- 1&2 step left behind right, step together with right, step forward on left 左足於右足後踏, 右足併踏, 左足前踏
- 3&4 step right behind left, step together with left, step forward on right 右足於左足後踏, 左足併踏, 右足前踏
- 5&6 Hold, step together with left, step right to right side  
候, 左足併踏, 右足右踏
- 7&8& Hold, step together with left, step right to right side, touch L beside R 候, 左足併踏, 右足右踏, 左足併點

**PART B (32 counts)**

**第七段 Slides With 1/2 X3, Back Step, Coaster**  
滑轉1/2二次, 後踏, 海岸步

- 1,2 Taking weight on ball of L foot, push R back, turn  $\frac{1}{2}$  to right keep weight on L 重心在左足右足後推, 右轉180度重心在左足
- 3,4 Taking weight on ball of L foot, push R back, turn  $\frac{1}{2}$  to right keep weight on L 重心在左足右足後推, 右轉180度重心在左足
- 5,6 Taking weight on ball of L foot, step back on R, hold on (6)  
重心在左足右足後推, 候(面向6點鐘?)
- 7&8 Step back on L, step back on R, step forward on L  
左足後踏, 右足後踏, 左足前踏

**第八段 Walk With 1 1/2 Turn, Coaster, Step 走, 轉 1 1/2, 海岸步, 踏**

- 1,2 Walk forward R, walk forward L 右足前走, 左足前走
- 3-5 Step back on R turning  $\frac{1}{2}$  to left, step forward on L turning  $\frac{1}{2}$  to left, step back on R turning  $\frac{1}{2}$  to left  
左轉180度右足後踏, 左轉180度左足前踏, 左轉180度右足後踏
- 6&7 Step back on L, step back on R, step forward L  
左足後踏, 右足後踏, 左足前踏
- 8 Step forward on R 右足前踏

**第九段 Walk, Scuff, Hitch, Side Step, Body Roll X2**  
走, 擦踢, 抬, 側踏, 搖擺二次

- 1 Step forward on L 左足前踏
- 2-4 Scuff R forward, hitch R, step R to right side  
右足前擦踢, 右足抬, 右足右踏

5,6 Body roll to right side 身體向右擺動

7,8 Body roll to left side 身體向左擺動

**第十段 Ball Step To Side X2, Walks Out, Out, In, In**  
**踏側二次, 走外外內內**

&1,2 Step R to center, step L to left side, hold  
右足內踏, 左足左踏, 候

&3,4 Step L to center, step R to right side, hold shifting weight to L  
左足內踏, 右足右踏, 候重心在左足

5,6 Step R forward, step L forward (out, out) 右足前踏, 左足前踏

7,8 Step R back, touch L beside R (in, in) 右足後踏, 左足併點

Note: This dance should be done as a contra. In the part of the dance where you only do counts 1-32 you will not be facing your contra partner.....Do not be alarmed. You will come back to them. Just try it and have fun  
編舞者建議大家以面對面的方式跳這支舞曲會有比較大的樂趣

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