

Night Owl (夜貓子) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Ryan Hunt (UK) - 2010年03月
音樂: All Night Long - Alexandra Burke : (4:23)



前奏 : Intro: Start after 32 counts 32拍後起跳

第一段 Out, Out, Back, Coaster Cross, Side, Behind, ¼ Forward
大, 大, 後, 海岸交叉, 側, 後, 1/4踏

- 1-2 Step R Forward And To The R Diagonal, Step L Forward And To The L Diagonal
右足右斜角前踏, 左足左斜角前踏
- 3 Return And Step Back On R 右足後踏
- 4&5 Step L Back, Close R Next To L, Cross L Over
左足後踏, 右足併踏, 左足於右足前交叉踏
- 6-8 Step R To R Side, Cross L Behind R, Make ¼ Turn R And Step Forward Onto R (3) 右足右踏, 左足於右足後交叉踏, 右轉90度右足前踏

第二段 Step L, Pivot ½ Turn, L Shuffle Forward, Rock Recover & Rock Recover
踏 轉, 前交換, 下沉 回復 併 下沉 回復

- 1-2 Step L Forward, Pivot ½ Turn Over The R Shoulder Taking Weight On R (9)
左足前踏, 右軸轉180度重心在右足(面向9點鐘)
- 3&4 Step L Forward, Close R Next To L, Step L Forward
左足前踏, 右足併踏, 左足前踏
- 5-6 Rock R Forward, Recover On L 右足前下沉, 左足回復
- &7-8 Step R Next To L, Rock L Forward, Recover On R
右足併踏, 左足前下沉, 右足回復

第三段 Back, Coaster Step, Step Forward, ¼ Turn Hold, & Side Touch
後, 海岸步, 踏, 1/4, 候, 併, 側 點

- 1 Step L Back 左足後踏
- 2&3-4 Step R Back, Close L Next To R, Step R Forward, Step L Forward
右足後踏, 左足併踏, 右足前踏, 左足前踏
- 5-6 Make ¼ Turn R Stepping R To R Side (12), HOLD
右轉90度右足右踏(面向12點鐘), 候
- &7-8 Step L Next To R, Step R To R Side, Touch L Next To R
左足併踏, 右足右踏, 左足併點

第四段 Side, Sailor Step, ¼ Twist, Sit, Recover, Cross, Step Back
側, 水手步, 1/4旋轉, 坐, 回復, 交叉, 後踏

- 1 Step L To L Side 左足左踏
- 2&3 Cross Step R Behind L, Step L To L Side, Step R To R Side
右足於左足後交叉踏, 左足左踏, 右足右踏
- 4 Twist Both Heels R As You Make ¼ Turn L Leaving L Foot Forward And R Foot Back (Weight On Both Feet) (9)
雙足踵向左旋轉90度左足前右足後(重心在雙腳)(面向9點鐘)
- 5-6 Sit Down With Weight On R Foot, Raise Pushing Weight Onto L Foot
坐姿重心在右足, 站立重心在左足
- 7-8 Cross Step R Over L, Step L Foot Back
右足於左足前交叉踏, 左足後踏

第五段 Side Heel Bounce, ¼ Side Heel Bounce, Together Heel Bounce, Back L, Back R 側踏 踵彈, 1/4側 踵彈, 併 踵彈, 後, 後

- 1&2 Step R To R Side, Raise Both Heels Popping Both Knees Forward, Drop Both Heels 右足右踏, 抬雙足踵膝彎向前(彈膝), 雙足踵踏
- 3&4 Make ¼ Turn R Stepping L To L Side, Raise Both Heels Popping Both Knees Forward, Drop Both Heels (12)
右轉90度左足左踏, 抬雙足踵膝彎向前(彈膝), 雙足踵踏(面向12點鐘)
- 5&6 Step R Next To L Foot, Raise Both Heels Popping Both Knees Forward, Drop Both Heels 右足併踏, 抬雙足踵膝彎向前(彈膝), 雙足踵踏
- 7-8 Walk Back On L, Walk Back On R 左足後走, 右足後走

第六段 Heel Jack, Hold, & Walk L, Walk R, Rock Forward, Recover, Coaster Cross
後踏 踵點 候, 併 走 走, 下沉 回復, 海岸交叉

- &1-2 Step Back On L, Dig R Heel Forward, HOLD
左足後踏, 右足踵前點, 候
- &3-4 Step R Next To L, Walk Forward On L, Walk Forward On R
右足併踏, 左足前走, 右足前走
- 5-6 Rock L Forward, Recover On R 左足前下沉, 右足回復
- 7&8 Step L Back, Step R Next To L, Cross L Over R
左足後踏, 右足併踏, 左足於右足前交叉踏

第七段 Point Cross, Point Cross, Back, Side, Cross, Diagonal Hitch
點 交叉, 點 交叉, 後, 旁, 交叉, 斜角抬

- 1-2 Point R Toes To R Side, Cross R Over L
右足趾右點, 右足於左足前交叉踏
- 3-4 Point L Toes To L Side, Cross L Over R
左足趾左點, 左足於右足前交叉踏
- 5-6 Step R Back, Step L To L Side 右足後踏, 左足左踏
- 7-8 Cross R Over L On L Diagonal, Hitch L Knee (10:30)
面向左斜角右足於左足前交叉踏, 左膝抬(面向10:30)

第八段 Back, Side, Cross, Side, Sailor ¼ Forward, Hold, & Step
後, 側, 交叉, 側, 1/4轉水手, 候, 併 踏

- 1-2 Step L Back, Step R To R Side Straightening Up To (12)
左足後踏, 右足右踏(轉正面向12點鐘)
- 3-4 Cross L Over R, Step R To R Side 左足於右足前交叉踏, 右足右踏
- 5&6 Cross Step L Behind R, Make ¼ Turn L Stepping R Together, Step L Foot Forward 左足於右足後交叉踏, 左轉90度右足併踏, 左足前踏
- 7&8 HOLD, Step R Next To L, Step L Forward (9)
候, 右足併踏, 左足前踏(面向9點鐘)

ONE TAG: Danced At The End Of Wall 5 Facing The 9:00 Wall (4 Counts)
第五面牆面向9點鐘時加4拍

Right Dorothy Step, Left Dorothy Step
桃樂蒂步, 桃樂蒂步

- 1-2& Step R To R Diagonal, Lock L Behind R, Step R To R Diagonal
右足右斜角前踏, 左足於右足後鎖踏, 右足右斜角前踏
- 3-4& Step L To L Diagonal, Lock R Behind L, Step L To L Diagonal (9)
左足左斜角前踏, 右足於左足後鎖踏, 左足左斜角前踏(面向9點鐘)