

No Tricks (別耍花招) (zh)

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Improver
編舞者: Vivienne Scott (CAN) - 2007年04月
音樂: Don't Play With My Heart - Modern Talking : (CD: The Very Best of Modern Talking)



前奏 : Start 32 counts into the lyrics 32拍後起跳

- 第一段** **ROCK FORWARD, SHUFFLE BACK, ROCK BACK, STEP FORWARD 1/2 PIVOT TURN** 前下沉, 後交換步, 後下沉, 前踏轉1/2
- 1-2 Rock forward on left, recover on right
左足前下沉, 右足回復
- 3&4 Step left back, close right beside left, step left back
左足後踏, 右足併踏, 左足後踏
- 5-6 Rock back on right, recover on left
右足後下沉, 左足回復
- 7-8 Step forward right, 1/2 pivot turn left
右足前踏, 左轉180度
- 第二段** **SHUFFLE 1/2 TURN, ROCK BACK, KICK BALL CROSS, LONG STEP SIDE, STEP TOGETHER** 轉1/2交換步, 後下沉, 踢交叉交換, 側長步, 併踏
- 1&2 Step right forward turning 1/4 left, close left beside right, step right forward turning 1/4 left
左轉90度右足前踏, 左足併踏, 左轉90度右足前踏
- 3-4 Rock back on left, recover on right
左足後下沉, 右足回復
- 5&6 Kick left forward on left diagonal, step back on left, cross right over left 左足左斜角線前踢, 左足後踏, 右足於左足前交叉踏
- 7-8 Step left long step to left side, step right beside left
左足左一大步, 右足併踏
- 第三段** **CROSS SHUFFLE, 1/4 PIVOT x2, CROSS ROCK, STEP 1/4 TURN TOE/HEEL**
交叉交換步, 踏轉1/4 2次, 交叉下沉, 踏轉1/4, 趾/踵
- 1&2 Cross left over right, step right to right side, cross left over right 左足於右足前交叉踏, 右足併踏, 左足於右足前交叉踏
- 3-4 Step right to right side turning 1/4 left, step left back turning 1/4 left 左轉90度右足右踏, 左轉90度左足後踏
- 5-6 Cross rock right over left, recover on left
右足於左足前交叉下沉, 左足回復
- 7-8 Turn 1/4 right touching right toe forward, drop heel
右轉90度右足趾前點, 右足踵踏下
- 第四段** **STEP 1/2 TURN, STEP BACK, TOUCH LEFT TOE FORWARD, HOLD, STEP LEFT BACK, STEP FORWARD 1/4 TURN RIGHT, STEP SIDE 1/4 RIGHT, 1/2 TURN SHUFFLE**
踏轉1/2, 後踏, 左趾前點, 候, 左後踏, 前踏右轉1/4, 側踏右轉1/4, 1/2轉交換步
- 1-2 Step forward left turning 1/2 right, step back on right
左足前踏右轉180度, 右足後踏
- 3-4 Touch left toe forward, hold 左足趾前點, 候
- &5-6 Step left back, step right forward 1/4 turn right, step left to left side 1/4 turn right hooking right over left
左足後踏, 右足前踏右轉90度, 左足左踏右轉90度右足於左足前勾
- 7&8 Step right back 1/2 turn right, close left beside right, step right forward 右足後踏右轉180度, 左足併踏, 右足前踏

TAG for 'Don't Play With My Heart' only: At The BEGINNING of The 3rd and 7th walls (you will be facing the back wall each time)

第三面牆, 第七面牆各加四拍

1-4 Rock forward left, recover on right, rock back left, recover on right 左足前下沉, 右足回復, 左足後下沉, 右足回復

Alternative Step forward left, 1/2 pivot turn right, step forward left, 1/2 pivot turn right 左足前踏, 右後轉180度, 左足前踏, 右後轉180度

選擇版
1-4 踏轉踏
轉
