

Fiona (菲歐娜) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kate Sala (UK) & Roy Verdonk (NL) - 2009年09月
音樂: Give It to Me Right - Melanie Fiona



前奏: Start after 16 count intro 16拍後起跳

第一段 Walk x2, Sailor Step ¼ Turn R, Cross Step, Turn ¼ L x2, Drag.
走步二次, 水手步帶右1/4, 交叉, 左1/4 1/4, 拖併

123&4 Walk forward on R, L. Cross step R behind L. Turn ¼ R stepping L in place. Step R to R side. [3:00]

前走步-右, 左, 右足於左足後交叉踏, 右轉90度左足踏, 右足右踏(面向3點鐘)

5-8 Cross step L over R. Turn ¼ L stepping back on R. Turn ¼ L stepping L to L side. Drag R towards L.

左足於右足前交叉踏, 左轉90度右足後踏, 左轉90度左足左踏, 右足拖併

第二段 Cross Rock, Chasse R, Cross Step, Turn ¼ L, & Touch R, & Touch L.
交叉下沉, 右追步, 交叉踏, 左1/4, 併右點, 併左點

123&4 Cross rock on R over L. Recover. Step R to R side. Step L next to R. Step R to R side. 右足於左足前交叉下沉, 左足回復, 右足右踏, 左足併踏, 右足右踏

5-6 Cross step L over R. Turn ¼ L stepping back on R. [6:00]

左足於右足前交叉踏, 左轉90度右足後踏(面向6點鐘)

&7 Step L next to R. Touch R toe in front with R knee bent. 左足併踏, 右足趾前點右膝彎

&8 Step R next to L. Touch L toe in front with L knee bent. 右足併踏, 左足趾前點左膝彎

第三段 Step L in, Step R Forward, Roll hips completing ½ Pivot L, Sweep L Back, L Sailor Step, Hold, Ball Step
左併, 右前, 轉臀 左1/2, 繞左後, 水手步, 候, 併踏

&1 Step L next to R. Step forward on R. 左足併踏, 右足前踏

2-3 Roll hips back & anti – clockwise making ½ pivot L over 2 counts. Keep weight on R. [12:00]
以2拍逆時針後轉臀左轉180度重心在右足(面向12點鐘)

45&6 Sweep L round from front to back. Cross step L behind R. Step R to R side. Step L to L side. 左足由前繞至後, 左足於右足後交叉踏, 右足右踏, 左足左踏

7&8 Hold. Step R next to L. Step L to L side. 候, 右足併踏, 左足左踏

第四段 Cross Samba x2, Weave L, Sweep L back, Syncopated Weave R.
交叉森巴二次, 左藤步, 左繞後, 變奏右藤步

1&2 Cross step R over L. Step L to L side & slightly forward. Step R to R side & slightly forward. 右足於左足前交叉踏, 左足略左前踏, 右足略右前踏

3&4 Cross step L over R. Step R to R side & slightly forward. Step L to L side & slightly forward. 左足於右足前交叉踏, 右足略右前踏, 左足略左前踏

567 Cross step R over L. Step L to L side. Cross step R behind L and sweep L round from front to back.

右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏左足由前繞至後

8&1 Cross step L behind R. Step R to R side. Cross step L over R. 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏

- 第五段** **Rock, Recover, Weave ¼ Turn L, Rock, Recover, Sailor Step, Sway into diagonal. 下沉回復, 藤步帶左1/4, 下沉回復, 水手步, 斜前擺臀**
- 2-3 Rock forward on R to R diagonal. Recover on L pushing hips back.
右足右斜前下沉, 左足後推臀回復
- 4&5 Cross step R behind L. Turn ¼ L stepping forward on L. Step forward on R. [9:00]
右足於左足後交叉踏, 左轉90度左足前踏, 右足前踏(面向9點鐘)
- 6-7 Rock forward on L. Recover on to R pushing hips back.
左足前下沉, 右足後推臀
- 8&1 Cross step L behind R. Step R to R side. Step L to L diagonal [7:30] rolling hips forward on to L.
左足於右足後交叉踏, 右足右踏, 左足左斜前踏帶轉臀(面向7:30)
- 第六段** **Roll Hips Back, Step L forward. Shuffle Forward on the Diagonal, Rock Step, Weave With ¼ Turn R. 轉臀, 左前踏, 斜前交換, 下沉回復, 藤步右1/4**
- 2-3 Roll hips back on to R foot. Step forward on L towards [7:30]
重心在右足轉臀, 左足斜前踏(面向7:30)
- 4&5 Step forward on R. Step L next to R. Step forward on R still on the diagonal. 右足前踏, 左足併踏, 右足前踏(面向斜角)
- 6-7 Rock forward on L. Rock back on R still on the diagonal.
左足前下沉, 右足回復(面向斜角)
- 8&1 Cross step L behind R. Turn to [12:00] stepping forward on R. Step forward on L.
左足於右足後交叉踏, 右轉135度(面向12點鐘)右足前踏, 左足前踏
- 第七段** **Step, Pivot ¼ L With Hip Roll, Pivot ¼ R With Hip Roll, Coaster Step. 踏, 左1/2帶轉臀, 右1/4帶轉臀, 海岸步**
- 2-4 Step forward on R. Roll hips back & anti-clockwise making ¼ pivot L over 2 counts. 右足前踏, 以2拍逆時針轉臀左轉90度
- 5-6 Roll hips back & clockwise making ¼ pivot R. Weight back on L. [12:00]
順時針轉臀右轉90度, 重心回左足(面向12點鐘)
- 7&8 Step back on R. Step L next to R. Step forward on R.
右足後踏, 左足併踏, 右足前踏
- 第八段** **Kick Forward, Step Back, Coaster Step ¼ Turn R, Step, Pivot ¼ Turn R, Cross Samba. 前踢, 後踏, 海岸步帶右1/2, 踏, 轉1/4, 交叉森巴**
- 1-2 Kick L foot forward. Step back on L. 左足前踢, 左足後踏
- 3&4 Turn ¼ R stepping back on R. Step L next to R. Step forward on R. [3:00] 右轉90度右足後踏, 左足併踏, 右足前踏(面向3點鐘)
- 5-6 Step forward on L. Pivot ¼ Turn R. [6:00]
左足前踏, 右轉90度(面向6點鐘)
- 7&8 Cross step L over R. Step R to R side and slightly forward. Step L slightly to L side & forward.
左足於右足前交叉踏, 右足略右前踏, 左足略左前踏
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