

Go Go Stomp (搖滾爵士) (zh)

COPPER KNOB
BY STEPHEN B. BROWN

拍數: 68 牆數: 1 級數:
編舞者: Gloria Nelson (USA) & Emmit Nelson (USA)
音樂: Any Man of Mine - Shania Twain : (CD: CD Single / CD: The Woman In Me)



- 第一段**
第二段 **Forward Step, Twist, Stomp, Hold (Repeat 4 Times)**
前踏, 旋繞, 重踏, 候(重覆四次)
- 1 Step Forward On Right Heel (Right Toe Is At 45 Degree Angle Pointing Left) 右足踵前踏 (右足趾向左指45度)
- 2 Twist Right Heel (Toe Is Pointing To Forward)
右足踵旋繞 (右足趾向前指)
- 3 Stomp Left Foot Next To Right Foot 左足在右足旁重踏
- 4 Pause For One Beat (Clap) 候 (拍手)
- 5-16 Repeat Counts 1-4 Three More Times 重複1-4拍三次
- 第三段**
Rock Forward, Rock Back, Rock Back, Rock Forward
Step Forward, Turn To The Left, Step Forward, Turn To The Left
前下沉, 後下沉, 後下沉, 前下沉, 前踏, 左轉, 前踏, 左轉
- 1-4 Rock Forward On Right Foot, Rock Back On Left Foot, Rock Back On Right Foot, Rock Forward On Left Foot.
右足前下沉, 左足後下沉, 右足後下沉, 左足前下沉
- 5-8 Step Forward On Right Foot, Pivot ¼ Turn To The Left, Step Forward On Right Foot, Pivot ¼ Turn To The Left.
右足前踏, 左轉90度, 右足前踏, 左轉90度
- 第四段**
第五段 **Forward Step, Twist, Stomp, Hold (Repeat 4 Times)**
前踏, 旋繞, 重踏, 候(重覆四次)
- 1-16 Repeat Counts 1-16 重覆第一段第二段
- 第六段**
Step Right, Touch, Step Left, Touch, Step Right, Slide, Step Right, Touch 右踏, 點, 左踏, 點, 右踏, 滑步, 右踏, 點
- 1-4 Step Right Foot To Right Side, Touch Left Foot Next To Right Foot, Step Left Foot To Left Side, Touch Right Foot Next To Left Foot
右足右踏, 左足在右足旁點, 左足左踏, 右足在左足旁點
- 5-8 Step Right Foot To Right Side, Slide Left Foot Next To Right Foot, Step Right Foot To Right Side, Touch Left Foot Next To Right Foot
右足右踏, 左足滑至右足, 右足右踏, 左足在右足旁點
- 第七段**
Step Left, Touch, Step Right Touch, Step Left, Slide, Step Left, Touch
左踏, 點, 右踏點, 左踏, 滑步, 左踏, 點
- 1-4 Step Left Foot To Left Side, Touch Right Foot Next To Left Foot, Step Right Foot To Right Side, Touch Left Foot Next To Right Foot
左足左踏, 右足在左足旁點, 右足右踏, 左足在右足旁點
- 5-8 Step Left Foot To Left Side, Slide Right Foot Next To Left Foot, Step Left Foot To Left Side, Touch Right Foot Next To Left Foot
左足左踏, 右足滑至左足, 左足左踏, 右足在左足旁點
- 第八段**
Step Forward, Pivot To The Left, Touch, Step Left, Touch, Step Left, Touch, Step Right, Pivot To The Left, Touch, Step Left, Touch
前踏, 左轉, 點, 左踏, 點, 左踏, 點, 右踏, 左轉, 點, 左踏, 點

- 1-4 Step Forward On Right Foot While Pivoting $\frac{1}{4}$ Turn To The Left, Touch Left Foot Next To Right Foot, Step Left Foot To Left Side, Touch Right Foot Next To Left Foot
左轉90度右足前踏，左足在右足旁點，左足左踏，右足在左足旁點
- 5-8 Step Right Foot To Right Side While Pivoting $\frac{1}{4}$ Turn To The Left, Touch Left Foot Next To Right Foot, Step Left Foot To Left Side, Touch Right Foot Next To Left Foot
左轉90度右足右踏，左足在右足旁點，左足左踏，右足在左足旁點

第九段 **Strut Right, Strut Left**
右趾踵步, 左趾踵步

- 1-4 Step Forward On Right Heel, Snap Right Toe Down, Step Forward On Left Heel, Snap Left Toe Down.
右足踵前踏，右足趾踏下，左足踵前踏，左足趾踏下
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