

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** **Forward Step, Twist, Stomp, Hold (Repeat 4 Times)**
第二段 **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** **Forward Step, Twist, Stomp, Hold (Repeat 4 Times)**
第五段 **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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