

Runaround Sue (見異思遷) (zh)

COPPER KNOB
BY STEPHEN METZ

拍數: 48 牆數: 4 級數: Improver
編舞者: Rachael McEnaney (USA) - 2008年12月
音樂: Runaround Sue - Dion



前奏: Dance starts after slow intro as soon as beat kicks in – after lyrics “every single guy in town”

第一段 Kick Behind Side Cross X 2, Step Touch With Clap X2, Side Together, Crossing Toe Strut 踢後側交叉二次, 踏點拍手二次, 側併, 交叉趾踵

1-4 Kick right to right diagonal (1), cross right behind left (2), step left to left side (3), cross right over left (4) [12.00]

右足右斜角線前踢, 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏(面向12點鐘)

5-8 Kick left to left diagonal (5), cross left behind right (6), step right to right side (7), cross left over right (8) [12.00]

左足左斜角線踢, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向12點鐘)

1-4 Step right to right side (1), touch left next to right & clap hands (2), step left to left side (3), touch right next to left & clap hands (4) [12.00]

右足右踏, 左足併點拍手, 左足左踏, 右足併點拍手(面向12點鐘)

5-8 Step right to right side (5), step left next to right (6), cross right toe over left (7), drop right heel to floor (8) [12.00]

右足右踏, 左足併踏, 右足趾於左足前點, 右足踵踏(面向12點鐘)

第二段 Side Toe Strutt, Crossing Toe Strutt, Side Rock With ¼ Turn, Kick, Out, Out, Hold, Knee Pops 側趾踵, 交叉趾踵, 側下沉轉1/4, 踢, 外, 外, 候, 彈膝

1-4 Touch left toe to left side (1), drop left heel to floor (2), cross right toe over left (3), drop right heel to floor (4) [12.00]

左足趾左點, 左足踵踏, 右足趾於左足前點, 右足踵踏(面向12點鐘)

5-8 Rock left to left side (5), recover weight onto right making ¼ turn right (6), step forward on left (7), kick right foot forward (8) [3.00]

左足左下沉, 右轉90度右足回復, 左足前踏, 右足前踢(面向3點鐘)

&1-4 Step back on right (&), step back on left shoulder width apart (1), hold (2), pop right knee in (3), hold (4) [3.00]

右足後踏, 左足後踏與雙肩同寬, 候, 右膝彈跳, 候(面向3點鐘)

5-8 Pop left knee in (straightening right), pop right knee in (left straight), Pop left knee in (straightening right), pop right knee in (left straight),

左膝彈跳(右足伸直), 右膝彈跳(左足伸直), 左膝彈跳(右足伸直), 右膝彈跳(左足伸直)

(These knee pops can be substituted for hip bumps – or bump hips at same time) [3.00] 彈膝可改成擺臀(面向3點鐘)

第三段 Right Shuffle, Left Shuffle, Step ½ Pivot, Step, Full Turn Forward Or Walks 右交換, 左交換, 踏轉1/2, 踏, 前轉圈或走步

1-4 Step forward on right (1), step left next to right (2), step forward on right (3), brush left foot forward (4) [3.00]

右足前踏, 左足併踏, 右足前踏, 左足前刷(面向3點鐘)

5-8 Step forward on left (5), step right next to left (6), step forward on left (7), brush right foot forward (8) [3.00]

左足前踏, 右足併踏, 左足前踏, 右足前刷(面向3點鐘)

1-4 Step forward on right (1), pivot ½ turn left (2), step forward on right (3), hold (4) [9.00] 右足前踏, 左轉180度, 右足前踏, 候

5-8 Make ½ turn right stepping back on left (5), make ½ turn right stepping forward on right (6) step forward on left (7), hold (8) [9.00]
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏, 候(面向9點鐘)

Easy option
5-8拍簡易版
As an easier option instead of a full turn on 5 – 8, walk forward left (5), walk forward right, (6), walk forward left (7), hold (8) 左足前走, 右足前走, 左足前走, 候

第四段 Step Touches X 4 Forward With Finger Snaps (Clicks), Step Forward, Clap, ½ Turn, Clap, Vine Right.

踏點四次前彈指, 前踏, 拍手, 轉1/2, 拍手, 右華倫

1-4 Step forward on right (1), touch left next to right (click fingers up to right) (2), step forward on left (3), touch right next to left (click fingers down to left) (4) [9.00]
右足前踏, 左足併點(向右上彈指), 左足前踏, 右足併點(向左下彈指)(面向9點鐘)

5-8 Step forward on right (5), touch left next to right (click fingers down to right) (2), step forward on left (7), touch right next to left (click fingers up to left) (8) [9.00]
右足前踏, 左足併點(向右上彈指), 左足前踏, 右足併點(向左下彈指)(面向9點鐘)

1-4 Step forward on right (1), clap hands (2), pivot ½ turn left (3), clap hands (4) [3.00]
右足前踏, 拍手, 左轉180度, 拍手(面向3點鐘)

5-8 Step right to right side (5), cross left behind right (6), step right to right side (7), cross left in front of right (8) [3.00]
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向3點鐘)
