

Roomba (倫巴) (zh)

COPPER KNOB
BY STEPHEN METZ

拍數: 0 牆數: 0 級數: Improver
編舞者: Guyton Mundy (USA) - 2009年06月
音樂: I Know You Want Me - Pitbull



前奏: Intro: 64 counts (29 secs) Start on Main Vocals (Total Song Duration 3m 42s)

Pattern: A-A-B-A-A-B-A-A-B-A-A-A

A Pattern

- 第一段 Side Rock/Recover, Behind Side Cross, Side Rock/Recover, Behind Side Cross** 側下沉回復, 後旁交叉, 側下沉回復, 後旁交叉
- 1-2 Rock right to right, recover on left 右足右下沉, 左足回復
- 3&4 Cross right behind left, step left to left side, cross right over left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 5-6 Rock left to left, recover on right 左足左下沉, 右足回復
- 7&8 Cross left behind right, step right to right, cross left over right 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 第二段 Step, Lock, Step, Lock, Walk X4 "With Shakes"**
踏, 鎖, 踏, 鎖, 走四步
- 1-2 Step forward on right, lock left behind 右足前踏, 左足後鎖踏
- 3-4 Step forward on right, lock left behind 右足前踏, 左足後鎖踏
- 5-8 Walk forward, right, left, right, left (while shaking your hips)
前走步-右, 左, 右, 左(擺動臀部)
- 第三段 Shuffle, Rock/Recover, 1/2 Turn Shuffle, 1/2 Turn Shuffle**
前交換, 下沉回復, 轉交換, 轉交換
- 1&2 Shuffle forward right, left, right 前交換-右, 左, 右
- 3-4 Rock forward on left, recover on right 左足前下沉, 右足回復
- 5&6 Make 1/2 turn over left shoulder shuffling left, right, left
左180度轉交換-左, 右, 左
- 7&8 Make 1/2 turn over left shoulder shuffling right, left, right
左180度轉交換-右, 左, 右
- 第四段 Cross, Ball Step, Cross Ball Step, Jazz Box With Touch**
交叉, 併踏, 交叉併踏, 爵士方塊帶點
- 1A2 Cross left over right, step right to right side, step together with left 左足於右足前交叉踏, 右足右踏, 左足併踏
- 3A4 Cross right over left, step left to left side, step together with right 右足於左足前交叉踏, 左足左踏, 右足併踏
- 5-8 Cross left over right, step back on right, step left to left side, touch right to left
左足於右足前交叉踏, 右足後踏, 左足左踏, 右足併點
- 第五段 Step, Lock, Step, Touch, 1/2 Paddle Turn**
踏, 鎖, 踏, 點, 划槳步
- 1,2 Step forward on right, lock left behind right
右足前踏, 左足於右足後鎖踏
- 3,4 Step forward on right, touch left to right
右足前踏, 左足併點
- 5-8 Make 1/8 turn to right touching left foot out; repeat; repeat; make 1/8 turn right stepping left foot down
右轉45度左足左點三次, 右轉45度左足併踏
(1/2 paddle turn over right shoulder ending with feet together)
(右轉180度的划槳步, 最後以併踏結束)

B Pattern

- 第一段 Arm Throws, Hitch, Hit With Side Touch, Side Body Roll, Step Together, Hip Bumps 拋手臂, 抬帶側點, 側擺動, 併踏, 擺臀**
- 1,2 Bring right arm up in circular motion to side ending with right fist in front of chest & bring left arm out to the side down in circular motion ending with left fist in front of stomach, with both arms extending out in circular motion end opposite from starting position
右手臂向右向上畫圈右拳到胸前&左手向外向下畫圈左拳到肚子前, 雙手反方向再畫圈回原來位置
- 3,4 Hitch right leg while bringing right fist slightly up (as if pulling right knee up by a string while dropping left hand), step down on right foot while lowering right hand
右腿抬起右拳略舉(像右膝有一條線被拉起), 右足踏右手放下
- 4 Touch left foot out to left side while swinging right arm as if to hit left leg out 左足左點右手碰左足
- 5,6 Body roll to left, step right next to left
身體向左繞圈, 右足併踏
- 7,8 Bump hips to left and recover x2 左推臀, 右推臀
- 第二段 Side Shuffle, 1/4, 1/4, Out, Out, In, In 側交換, 1/4, 1/4, 外, 外, 內, 內**
- 1&2 Shuffle left, right, left to the left
左追步-左, 右, 左
- 3,4 Make 1/4 turn to left stepping right to right side, make 1/4 turn left stepping left to left side
左轉90度右足右踏, 左轉90度左足左踏
- 5,6 Step out slightly forward on right, step out left to left side
右足略前踏, 左足左踏
- 7,8 Step back on right, step together on left (shake your body on counts 5-8) 右足後踏, 左足併踏(5-8拍擺動身體)
- 第三段 Wizards X3, Triple Forward 桃樂蒂步三次, 前交換**
- 12& Step forward on right, step left behind right, step forward on right
右足前踏, 左足於右足後踏, 右足前踏
- 34& Step forward on left, step right behind left, step forward on left
左足前踏, 右足於左足後踏, 左足前踏
- 56& Step forward on right, step left behind right, step forward on right
右足前踏, 左足於右足後踏, 右足前踏
- 7&8 Shuffle forward left right left 前交換-左, 右, 左
- 第九段 Step, 1/2 Turn, Step, 1/2 Turn, Forward, Forward, Back, Back With Shakes 踏, 轉1/2, 踏, 轉1/2, 前, 前, 後, 後(身體擺動)**
- 1,2 Step forward on right, make 1/2 turn stepping forward on left
右足前踏, 左轉180度左足前踏
- 3,4 Step forward on right, make 1/2 turn stepping forward on left
右足前踏, 左轉180度左足前踏
- 5,6 Step forward on right, step left out to left side
右足前踏, 左足左踏
- 7,8 Step back on right, step back on left (shake your body for counts 5-8) 右足後踏, 左足後踏(5-8拍時配合擺動身體)
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