

# Higher & Higher (越熾越熱) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Max Perry (USA) - 2008年03月  
音樂: (Your Love Keeps Lifting Me) Higher and Higher - Michael McDonald



## 第一段 Mambo Basic, Mambo Side Rock Steps 曼波, 側曼波 下沉 踏

- 1&2 3&4 Rock forward w/left foot, step in place w/right foot, bring left foot next to right, rock back w/right foot, step in place w/left foot, bring right foot next to left  
左足前下沉, 右足原地踏, 左足併踏, 右足後下沉, 左足原地踏, 右足併踏
- 5&6 7&8 Rock step side w/left foot, step in place w/right foot, bring left foot next to right, rock step side w/right foot, step in place w/left foot, bring right foot next to left  
左足左下沉, 右足原地踏, 左足併踏, 右足右下沉, 左足原地踏, 右足併踏

## 第二段 Syncopated Points & Touches - Side, Side, Forward, Forward, Walk Forward, Forward, Kick Forward, Step Out, Out 變奏點-側 側 前 前, 前走, 前, 前踢, 外, 外

- 1&2& Touch Left toe to left side (1), Step Left next to Right (&), Touch Right toe to right side (2), Step Right next to left (&)  
左足趾左點, 左足併踏, 右足趾右點, 右足併踏
- 3&4& Touch Left heel forward (3), Step Left next to right (&), Touch Right heel forward (4), Step Right next to left (&)  
左足踵前點, 左足併踏, 右足踵前點, 右足併踏
- 5,6 Step forward L,R 左足前踏, 右足前踏
- 7&8 Kick L forward, Step L slightly to left side (out), Step R slightly to R (out) 左足前踢, 左足略左踏, 右足略右踏

## 第三段 Step In, Cross In Front, Side, Syncopated Weave Left, Left Side Rock, Sailor Shuffle Turning 1/4 Left 內, 前交叉, 側, 變奏左藤步, 左下沉, 水手轉1/4

- &1 Step L in towards R foot (home), Cross R over L  
左足併踏, 右足於左足前交叉踏
- 2 Step L to left side 左足左踏
- 3&4 Cross R behind L, Step L to left side, Cross R over L  
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 L to left side, Step R in place (recover)  
左足左下沉, 右足重心回復
- 7&8 Cross L behind R, Step R in place, Step L in place turning 1/4 left (9:00 wall) 左足於右足後交叉踏, 右足原地踏, 左轉90度左足原地踏(9點鐘)

## 第四段 Forward Rock Step, R Shuffle Back, L Shuffle Back, R Shuffle Turning 1/2 Right 前下沉, 右後交換, 左後交換, 右轉1/2交換

- 1,2 Rock R forward, Step L in place (recover)  
右足前下沉, 左足原地踏重心回復
- 3&4 R shuffle back – Turn body slightly to right to angle the shuffle step  
右後交換步 – 身體略向右轉
- 5&6 L shuffle back – Turn body slightly to left to angle the shuffle step  
左後交換步 – 身體略向左轉

7&8 R shuffle turning 1/2 right to face 3:00 wall  
右180度轉交換 面向3點鐘牆

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