

Here We Go Again (舊情復燃) (zh)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Crazy Chris Adams (UK) - 2010年04月
音樂: Here We Go Again - Pixie Lott : (Album: Turn It Up, Deluxe Edition - 3:05)



前奏: Start after 11 seconds on main Beat just before vocals (All My Friends)

第一段 Kick, Behind & Cross, Dip Kick, Behind & Cross, Rock Recover.
踢, 後旁前交叉, 蹲踢, 後旁前交叉, 左下沉回復

1,2&3 Kick R To R Side, Step R Behind L, Step L To L Side, Cross R Over L,
右足右踢, 右足於左足後踏, 左足左踏, 右足於左足前交叉踏

4,5 Step L To L Side Bending Knees, As you Stand Up Kick R To R Side,
左足左踏彎膝, 站直右足右踢

6&7 Step R Behind L, Step L To L Side, Cross R Over L,
右足於左足後踏, 左足左踏, 右足於左足前交叉踏

8,1 Rock L To L Side, Recover Onto R. 左足左下沉, 右足回復

第二段 Behind & Cross, Full Unwind Side, Toes Heels x3 with R.
後旁前交叉, 繞圈側踏, 趾踵向右三次

2&3 Step L Behind R, Step R To R Side, Cross L Over R,
左足於右足後踏, 右足右踏, 左足於右足前交叉踏

4,5 Full Unwind Over R Shoulder, Step R To R Side, 右轉圈, 右足右踏

6&7&8& (Travelling To R Making Turn R as you do it Pigeon Toes) Both Toes In, Heels Out, Toes In,
Heels Out, Toes In, Heels Out.
(以鴿子步向右轉90度)雙足趾轉向內, 踵轉向內, 趾內, 踵內, 趾內, 踵內

第三段 Rock Recover &, Rock Recover, Back Lock Step, Coaster Step.
下沉回復併, 下沉回復, 後鎖步, 海岸步

1,2& Rock L Forward, Recover Onto R, Step L Beside R,
左足前下沉, 右足回復, 左足併踏

3,4 Rock R Forward, Recover Onto L, 右足前下沉, 左足回復

5&6 Step R Back, Lock L Over R, Step L Back,
右足後踏, 左足於右足前鎖踏, 左足後踏

7&8 Step L Back, Step R Beside L, Step L Forward.
左足後踏, 右足併踏, 左足前踏

第四段 (Samba Steps) Cross, Rock &, Cross Rock &, Cross Back & Cross Kick.
森巴, 森巴, 變奏爵士方塊, 踢

1,2& Cross R Over L, Rock L To L Side, Recover Onto R,
右足於左足前交叉踏, 左足左下沉, 右足回復

3,4& Cross L Over R, Rock R To R Side, Recover Onto L,
左足於右足前交叉踏, 右足右下沉, 左足回復

5,6& Cross R Over L, Step L Back, Step R To R Side,
右足於左足前交叉踏, 左足後踏, 右足右踏

7,8 Cross L Over R Angling Body To R Diagonal, Kick R Forward (Still on the Diagonal). 左足於右足
前交叉踏身體彎向右斜角, 右足前踢(仍面向斜角)

第五段 (Turning 3/8 To Right With Each Touch) & Touch, & Touch & Touch, Side Cross Rock & Cross.
(右3/8踏帶點)併, 點收點收點收點, 右踏交叉, 曼波交叉

- &1&2 Step R Beside L, Touch L Beside R, Step L Beside R, Touch R Beside L,
右足併踏, 左足併點, 左足併踏, 右足併點
- &3&4 Step R Beside L, Touch L Beside Right, Step L Beside R, Touch R Beside L, 右足併踏, 左足併點,
左足併踏, 右足併點
&1~&4併踏併點需總共右轉135度
- 5,6 Step R To R Side, Cross L Over Right,
右足右踏, 左足於右足前交叉踏
- 7&8 Rock R To R Side, Recover Onto L, Cross R Over L.
右足右下沉, 左足回復, 右足於左足前交叉踏
- 第六段 Rock Recover Shuffle L, Point & Point, & Side Together.**
左下沉 回復, 轉追步, 點收點收 側 併
- 1,2 Rock L To L Side, Recover Onto R,
左足左下沉, 右足回復
- 3&4 Turn Over L Shoulder Stepping L To L Side, Step R Beside L, Step L To L Side, 左轉180度左足左
踏, 右足併踏, 左足左踏
- 5&6 Point R To R Side, Step R Beside L, Point L To L Side,
右足右點, 右足併踏, 左足左點
- &7,8 Step L Beside R, Take Large Step To R With R, Step L Beside R.
左足併踏, 右足右一大步, 左足併踏
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