

Hell If I (地獄魔咒) (zh)

COPPER KNOB
BY STEPHEN METZ

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Jo Kinser (UK), John Kinser (UK) & Mark Furnell (UK) - 2008年09月
音樂: Hell If I - Alejandro Fuentes : (CD: Tomorrow Only Knows)



前奏 : Start on the verse 32 counts in 32拍後起跳

- 第一段** **Cross, Side Together Cross, Side Together Cross, 1/4 Coaster Step, Run Run Run** 交叉, 側併交叉, 側併交叉, 1/4海岸, 跑跑跑
- 1,2&3 Cross Rt in front of Lt, Step Lt to Lt, Step Rt next to Lt in step and slightly back, Cross Lt in front of Rt
右足於左足前交叉踏, 左足左踏, 右足略後併踏, 左足於右足前交叉踏
- 4&5 Step Rt to Rt, Step Lt next to Rt in step and slightly back, Cross Rt in front of Lt 右足右踏, 左足略後併踏, 右足於左足前交叉踏
- 6&7 Step Lt back 1/4 turn Rt, Step Rt next to Lt, Step Lt fwd
右轉90度左足後踏, 右足併踏, 左足前踏(面向3點鐘)
- 8&1 Step Rt fwd 1/8 Rt, Step Lt next to Rt, Step Rt fwd 1/8 Rt (completing a 1/4 turn Rt)
右轉45度右足前踏, 左足併踏, 右轉45度右足前踏(共轉90度)(面向6點鐘)
- 第二段** **Full Turn, Ball Step, Lift, Lunge, Kick, Back Lock, Turn & Step**
轉圈, 併踏, 抬, 曲膝, 踢, 後鎖, 轉併踏
- 2&3 Make 1/2 turn Lt (weight Lt), Make another 1/2 turn Lt bring Rt foot next to Lt, Step Lt next to Rt
左轉180度重心在左足, 左轉180度右足併踏, 左足併踏(面向6點鐘)
- 4-6 Lift Rt foot fwd, Lunge Rt fwd, Replace weight Lt lifting Rt foot fwd 右足前抬, 右足前曲膝踏, 重心回左足右足前抬
- 7&8 Step Rt back, Cross Lt in front of Rt, Make 1/4 turn Lt stepping back Rt 右足後踏, 左足於右足前交叉踏, 左轉90度右足後踏(面向3點鐘)
- &1 Step Lt next to Rt, Step Rt fwd 左足併踏, 右足前踏
- 第三段** **Walk Lt, Rt, 1/2 Step, Turn & Step, 1&1/4 Turn**
走步-左, 右, 1/2踏, 轉併踏, 1又1/4
- 2,3 Step Lt fwd, Step Rt fwd 左足前踏, 右足前踏
- 4,5 Make 1/2 turn Lt (weight Lt), Step Rt fwd,
左轉180度(重心在左足), 右足前踏(面向9點鐘)
- 6&7 Make a 1/2 turn Rt in place stepping back Lt, Step Rt next to Lt, Step fwd Lt 右轉180度左足後踏, 右足併踏, 左足前踏(面向3點鐘)
- 8&1 Make 1/2 turn Lt stepping back Rt, Make 1/2 turn Lt stepping fwd Lt, Make a 1/4 turn Lt stepping Rt to Rt
左轉180度右足後踏, 左轉180度左足前踏, 左轉90度右足右踏(12點鐘)
- 第四段** **Back Cross Heel, Back Cross Heel, Rock Step, Step Turn Together**
後交叉踵, 後交叉踵, 下沉回復, 踏轉併
- 2&3 Step Lt back diagonal Rt, Cross Rt in front of Lt, Step Lt back diagonal Lt dragging Rt heel to Lt
(Travelling backwards)
左足右斜角後踏, 右足於左足前交叉踏, 左足左斜角後踏右足踵拖併(向後移動)
- 4&5 Step Rt back diagonal Lt, Cross Lt in front of Rt, Step Rt back diagonal Rt dragging Lt heel to Rt
(Travelling backwards)
右足左斜角後踏, 左足於右足前交叉踏, 右足右斜角後踏左足踵拖併(向後移動)
- 6,7 Rock back Lt, Step Rt fwd 左足後下沉, 右足前踏
- 8&1 Step Lt fwd, Pivot a 1/2 turn Rt (weight Rt), Make a 1/2 turn Rt stepping Lt next to Rt
左足前踏, 右轉180度重心在右足, 右轉180度左足併踏(面向12點鐘)
- 第五段** **Back, Back, 1/4 Coaster Step, Rock Replace, 1&1/4 Turn**
後, 後, 1/4海岸步, 下沉回復, 1又1/4

- 2,3 Step Rt a small step back, Step Lt a small step back
右足略後踏, 左足略後踏
- 4&5 Make 1/4 turn Lt stepping back Rt, Step Lt next to Rt, Step Rt fwd 左轉90度右足後踏, 左足併踏, 右足前踏(面向9點鐘)
- 6,7 Rock Lt fwd, Replace weight Rt 左足前下沉, 右足回復
- 8&1 Make a 1/2 turn Lt stepping fwd Lt, Make a 1/2 turn Lt stepping back Rt, Make a 1/4 turn Lt stepping Lt to Lt
左轉180度左足前踏, 左轉180度右足後踏, 左轉90度左足左踏(面向6點鐘)

第六段 Press Slide, Press Slide, Rock & Side, Behind Side Cross
壓滑, 壓滑, 下沉併旁, 後旁交叉

- 2,3 Touch Rt next to Lt in step, Push of the Rt foot and slide Lt to Lt
右足併點, 重心在右足左足左滑步
- 4,5 Touch Rt next to Lt in step, Push of the Rt foot and slide Lt to Lt
右足併點, 重心在右足左足左滑步
- 6&7 Rock Rt behind Lt, Cross Lt in front of Rt, Step Rt to Rt
右足於左足後下沉, 左足於右足前交叉踏, 右足右踏
- 8&1 Step Lt behind Rt, Step Rt to Rt, Cross Lt in front of Rt facing Rt diagonal (7:00)
左足於右足後踏, 右足右踏, 左足於右足前交叉踏面向右斜角(面向7點鐘)

RESTART:

on the 2 wall AFTER 48 counts facing 12:00. On count & -- Touch Rt to Rt to Restart
第二面牆跳至第48拍面向12點鐘時, 將原先&拍的右足右踏, 改成右足右點從頭起跳

第七段 Step Turn Step, Triple Turn, Step Turn Step, Triple Turn
踏轉踏, 小三步轉, 踏轉踏, 小三步轉

- 2&3 Step Rt fwd (7:00), Make 1/2 turn Lt (1:00), Step Rt fwd
右足前踏(7點鐘), 左轉180度(1點鐘), 右足前踏
- 4&5 Make 1/2 turn Rt stepping back Lt, Make 1/2 turn Rt stepping fwd Rt, Step Lt fwd (1:00)
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏(1點鐘)
- 6&7 Step Rt fwd (1:00), Make 1/2 turn Lt (7:00), Step Rt fwd 1/8 turn Lt facing (6:00)
右足前踏(1點鐘), 左轉180度(7點鐘), 右足轉正前踏(面向6點鐘)
- 8&1 Make 1/2 turn Rt stepping back Lt, Make 1/2 turn Rt stepping fwd Rt, Step fwd Lt (6:00)
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏(6點鐘)

第八段 Rock Replace, Coaster Step, Rock Replace, Step Hitch Turn
下沉回復, 海岸步, 下沉回復, 踏抬轉

- 2,3 Rock Rt fwd, Replace weight Lt
右足前下沉, 左足回復
- 4&5 Step back Rt, Step Lt next to Rt, Step Rt fwd
右足後踏, 左足併踏, 右足前踏
- 6,7 Rock Lt fwd, Replace weight right
左足前下沉, 右足回復
- 8& Make 1/2 turn Lt stepping Lt fwd, hitch right knee making 1/2 turn left
左轉180度左足前踏, 右膝左轉180度抬
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