

U A Freak (你 . 怪胎) (zh)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Amy Spencer (USA) - 2008年01月
音樂: U A Freak - Chingy



前奏 : Intro: 32 Counts 32拍後起跳

第一段 Stomp Knee In Out x4 重踏 膝內 膝外 共四次

- 1&2 Stomp R fwd, turn knees inwards, recover
右足前重踏, 雙膝轉向內, 雙膝回復
- 3&4 Stomp L fwd, turn knees inwards, recover
左足前重踏, 雙膝轉向內, 雙膝回復
- 5&6 7&8 Repeat counts 1&2 3&4 above. 重覆上面動作

第二段 Hit, Hit, Switch, Hit, Hit, Clap, Palms Down, Up, Down, Snap, Snap 推, 推, 手掌轉, 推, 推, 拍手, 手掌下, 上, 下, 彈指, 彈指

- 1& Push both hands fwd (aka. Paddy Cake) 雙手前推
- 2& R palm face down and L palm face up, R palm face up and L palm face up
右手掌向下 & 左手掌向上, 右手掌向上 & 左手掌向下
- 3& Push both hands fwd (aka. Paddy Cake) 雙手前推
- 4 Clap 拍手
- 5&6 Palms clap down on top of elbows, back of palms clap together, palms clap down on top of elbows
手掌在手肘上拍打, 手掌推回拍手, 手掌在手肘上拍打,
- 7 8 Open arms half way and snap then continue to open arms and snap again
雙手平開彈手指, 同樣動作再彈一次手指

第三段 Kick, Kick, Coaster Step, Walk Fwd, Open Side, Arms Swing 踢, 踢, 海岸步, 走, 右, 手臂繞後, 手臂繞後

- 123&4 Kick R fwd twice (in contra position connect with person) , Coaster Step
右足前踢二次, 海岸步
- 5-8 Continue to move fwd step L fwd, step R to R, swing R arm in a big circle front to back to end on R butt, repeat L arm
左足前踏, 右足右踏, 右手由前繞至後放至右臀, 左手由前繞至後放至左臀

第四段 Body Pops x4, Slide Step, Step touch 身體彈動4次, 滑步, 踏點

- 1-4 Keeping hands on butt and feet open pop upper body to R-L-R-L
雙手擺臀部, 雙腳彈跳4次-右, 左, 右, 左
- 5-8 Slide R to R, step L beside R, step R back, touch L beside R
右足右滑, 左足併踏, 右足後踏, 左足併點

第五段 Slide Step, Step, touch, Step Snake hitch, Snake hitch 滑步, 併, 點, 蛇形滑動, 抬, 蛇形滑動, 抬

- 1-4 Slide L to L, step R beside L, step L fwd, touch R beside L
左足左滑, 右足併踏, 左足前踏, 右足併點
- 5-8 Step R to R while snaking upper body to R, hitch L, step L to L while snaking upper body to L, hitch R
右足右踏(身體蛇狀), 左足抬, 左足左踏(身體蛇行), 右足抬

- 第六段 Triple Step, Triple Step, ½ R Triple Step, Hop, Kick Ball-Change**
前交換, 前交換, 轉交換, 踢 併 踏
- 1&23&4 Triple step fwd on R-L-R, triple step fwd on L-R-L
前交換-右, 左, 右, 前交換-左, 右, 左
- 5&67&8 ½ R triple step turn, hop on L while kick R fwd, step R down, step L beside R. 三步右轉180度, 左
足跳右足前踢, 右足踏, 左足併踏
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