

Little Red Book (紅皮書) (zh)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Beginner
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音樂: You're More Than a Number In My Little Red Book - The Drifters : (CD: The Definitive Drifters 03)



前奏 : 24 Count Intro - start just after main vocals. Approx 12 seconds. 24拍唱歌後起跳

第一段 Side Behind Side Cross, Chasse R, Back Rock. 側後側交叉, 右追步, 後下沉

- 1-4 Step R to R side, cross step L behind R, step R to R side, cross step L over R.
右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 5&6 Step R to R side, close L beside R, step R to R side.
右足右踏, 左足併踏, 右足右踏
- 7,8 Cross rock L behind R, recover weight to R. (12 o'clock)
左足於右足後交叉下沉, 右足回復(12點鐘)

第二段 Side Behind Side Cross, Chasse L, Back Rock. 側後側交叉, 左追步, 後下沉

- 1-4 Step L to L side, cross step R behind L, step L to L side, cross step R over L.
左足左踏, 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 5&6 Step L to L side, close R beside L, step L to L side.
左足左踏, 右足併踏, 左足左踏
- 7,8 Cross rock R behind L, recover weight to L. (12 o'clock)
右足於左足後交叉下沉, 左足回復(12點鐘)

第三段 Side Touch, Side Touch, Walk X3, Hold. 側點, 側點, 走3次, 候

- 1,2 Step R to R side, touch L beside R.
右足右踏, 左足併點
- 3,4 Step L to L side, touch R beside L.
左足左踏, 右足併點
- 5-7 Walk forward, right, left, right.
前走-右, 左, 右
- 8 Hold count 8. (12 o'clock) 候(12點鐘)

第四段 Rock Forward, Rock Back, Step ¼ Turn R, Cross Shuffle. 前下沉, 後下沉, 踏右轉1/4, 交叉交換

- 1,2 Rock forward on L, recover weight to R.
左足前下沉, 右足回復
- 3,4 Rock back on L, recover weight to R.
左足後下沉, 右足回復
- 5,6 Step forward on L, make a ¼ turn R.
左足前踏, 右轉90度
- 7&8 Cross step L over R, step R to R side, cross step L over R. (3 o'clock)
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏(3點鐘)