

# Loosen Up (放鬆自己) (zh)

COPPER KNOB  
BY STEPHEN

拍數: 64      牆數: 4      級數: Intermediate/Advanced  
編舞者: Robert Lindsay (UK), Pat Stott (UK) & Lizzie Stott (UK) - 2008年08月  
音樂: Turn Me Loose - Young Divas



- 第一段**      **Walk, Walk, Together, Push Back, Knee Pops, Kick**  
走, 走, 併, 後推, 膝動, 踢
- 1 – 2      Walk forward – right, left 前走步-右, 左
- 3 – 4      Close right to left bending knees, push bottom back  
右足併踏(彎膝), 後推臀
- 5 – 8      Right knee pops – in, out, in, kick right to right diagonal  
右膝移動-內, 外, 內, 右足右斜角線踢
- 第二段**      **Behind, Side, Cross Shuffle, Large Side Step, Drag Right Towards Left, Ball Cross** 後, 側, 交叉交換, 側大步, 右拖併, 交叉
- 1 – 2      Cross right behind left, step left to left  
右足於左足後交叉踏, 左足左踏
- 3 & 4      Cross right over left, left to left, cross right over left  
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 5 – 7      Large step to left, drag right towards left over 2 beats  
左一大步, 右足2拍拖併至左足
- & 8      Step on ball of right next to left, cross left over right  
右足併踏, 左足於右足前交叉踏
- 第三段**      **Side, Behind, ¼ Turning Shuffle, Heel, Hold, Heel, Switch, Heel, Switch** 側, 後, 1/4轉交換, 踵, 候, 踵, 交換, 踵, 交換
- 1 – 2      Step right to right, cross left behind right  
右足右踏, 左足於右足後交叉踏
- 3 & 4      Turn ¼ right and shuffle forward – right, left, right (advanced 1 ¼ turning shuffle)  
右轉90度前交換-右, 左, 右(進階版:270度轉交換)
- 5 – 6      Left heel forward, hold 左足踵前點, 候
- &7&8&      Close left to right, right heel forward, close right to left, left heel forward, close left to right  
左足併踏, 右足踵前點, 右足併踏, 左足踵前點, 左足併踏
- 第四段**      **Rock Forward, Recover, Rock Back, Recover, Rock Forward, Recover 1 ½ Turning Shuffle** 前下沉, 回復, 後下沉, 回復, 前下沉, 1 ½轉交換
- 1 – 2      Rock forward on right, recover on left 右足前下沉, 左足回復
- 3 – 4      Rock back on right turning body and look back, recover forward on left (squaring up again)  
右足後下沉轉動身體向後看, 左足前回復(轉正)
- 5 – 6      Rock forward on right, recover on left 右足前下沉, 左足回復
- 7 & 8      Turning 1 ½ right shuffle right, left, right  
轉三次180度交換步-右, 左, 右
- 第五段**      **Rock Forward, Recover, Rock Back, Recover, Rock Forward, Recover, 1 ¼ Turning Chasse to Left**  
前下沉, 回復, 後下沉, 回復, 前下沉, 回復, 轉1 ¼左追步
- 1 – 2      Rock forward on left, recover on right 左足前下沉, 右足回復

- 3 – 4 Rock back on left turning body and look back, recover forward on right (squaring up again) 左足後下沉轉動身體向後看, 右足前回復(轉正)
- 5 – 6 Rock forward on left, recover on right 左足前下沉, 右足回復
- 7 & 8 Turning chasse 1 ¼ to left 左轉三次90度

**第六段 Cross, Rock, Side, Rock, Cross, (Cuban Break Step) Hitch Hold, Lunge, Recover and Flick, Chasse to Left**  
交叉, 下沉, 側, 下沉, 交叉, 鉤候, 曲膝, 回復 & 抬, 左追步

- 1 & 2& Cross right over left, recover, rock right to right, recover 右足於左足前交叉踏, 左足回復, 右足右下沉, 左足回復
- 3 – 4 Cross right over left, hitch left and hold and push hands forward (as if you are saying “stop”) 右足於左足前交叉踏, 左足鉤&候&雙手前推(喊”Stop”)
- 5 – 6 Lunge left to left, recover onto right flicking left foot behind right 左足左曲膝踏, 重心回右足左足於右足後輕抬
- 7 & 8 Chasse to left side 左追步

**第七段 ‘V Step’, Hitch, Coaster ¼ Turn V字型踏, 鉤, 轉1/4海岸步**

- 1 – 2 Step forward and out on right, step forward and out on left 右足右外前踏, 左足左外前踏(成V字型)
- 3 – 4 Step back on right, close left to right 右足後踏, 左足併踏
- 5 – 6 Turning to left diagonal step forward on right, hitch left knee 左轉45度右足前踏, 左膝鉤
- 7 & 8 Coaster step turning ¼ right to face right diagonal 右轉90度海岸步面向右斜角線

**第八段 Step, Hitch, Coaster Step Squaring Up, 2 x 1/8th Paddles Rolling Hips Round 踏, 鉤, 回正面海岸步, 二次1/8划槳搖臀**

- 1 – 2 Step forward on right towards right diagonal, hitch left knee up 右足右斜角線前踏, 左膝鉤起
- 3 & 4 Step back on left, close right to left squaring up, step forward on left 左足後踏, 右足正面併踏, 左足前踏
- 5 – 8 Paddle turn 1/8th left rolling hips anti clockwise, paddle turn 1/8th left rolling hips anti clockwise 左轉45度划槳步逆時針搖臀, 左轉45度划槳逆時針搖臀
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