

Anything Goes (一無所有) (zh)

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Kate Sala (UK) & Sharon Newey (UK) - 2009年01月
音樂: Anything Goes - Randy Houser



前奏: There is a very short intro. Count 5 6 7 8 from the first heavy beat. You will begin the dance 1 beat before the vocals 算5678後唱歌起跳

- 第一段** **Ronde R, Touch Behind, Reverse 1/2 Turn R, Step 1/2 Turn L, Step Back With Sway, Sway Forward, Sway Back, Step Together, Step Forward.**
右足繞, 後點, 右轉1/2, 踏轉1/2, 後踏擺臀, 前擺臀, 後擺臀, 踏併, 前踏
- 12 Ronde R foot full circle clockwise. Touch R toe behind L heel.
右足順時針方向繞向後, 右足趾於左足踵後點
- 3 Reverse 1/2 turn R taking weight on R & facing the back wall.
右轉180度重心在右足(面向後面牆)
- 4&5 Step forward on L. Turn 1/4 L stepping R to R side. Turn 1/4 L stepping back on L and swaying the hips back at the same time. (12 o'clock).
左足前踏, 左轉90度右足右踏, 左轉90度左足後踏後推臀(面向12點鐘)
- 67 Sway hips forward. Sway hips back. 前推臀, 後推臀
- 8& Step on the ball of the R next to L. Step forward on L.
右足併踏, 左足前踏
- 第二段** **Turn 1/4 L With Night Club Step R, Turn 1/4 L, Step, 1/2 Turn L, Step Forward, Step, 1/4 Turn R, Step Forward, Step, 1/2 Turn L, Step Forward With Spiral Turn L.**
左1/4右基本步, 左1/4, 踏轉踏, 踏1/4踏, 踏轉踏帶轉圈
- 12& Turn 1/4 L stepping long step to R side. Cross rock behind on L. Recover on to R. 左轉90度右足右一大步, 左足後交叉下沉, 右足回復
- 3 Turn 1/4 L stepping forward on L. (6 o'clock).
左轉90度左足前踏(面向6點鐘)
- 4&5 Step forward on R. Pivot 1/2 turn L. Step forward on R.
右足前踏, 左轉180度, 右足前踏
- 6&7 Step forward on L. Pivot 1/4 turn R. Step forward on L.
左足前踏, 右轉90度, 左足前踏
- 8&1 Step forward on R. Pivot 1/2 turn L. Step forward on R picking up L foot into a spiral full turn L. (9 O'clock).
右足前踏, 左轉180度, 右足前踏左足抬左轉圈(面向9點鐘)
(Option- You can leave out the full turn簡易版-省略轉圈)
- 第三段** **Rock Forward On L, Recover With Sweep, Sailor Step With Sways, Turn 1/4 L, Cross Step, Side Step, Back Step.**
下沉 回復帶繞, 水手步帶擺臀, 左1/4, 交叉 左後
- 23 Rock forward on L. Rock back on to R sweeping L out to L side.
左足前下沉, 右足後回復左足繞至左
- 4&5 Cross step L behind R. Step R out to R side. Step L to L side swaying hips L. 左足於右足後交叉踏, 右足右踏, 左足左踏左擺臀
- 67 Sway hips R. Turn 1/4 L stepping forward on L.
右擺臀, 左轉90度左足前踏
- 8&1 Cross step R over L. Step L to L side and slightly back. Step back on R. 右足於左足前交叉踏, 左足略左後踏, 右足後踏

- 第四段** **Rock Back, Recover, Step Forward, Full Turn L, Basic Night Club Stepping R, Step L, Knee prep**
後下沉 回復, 踏 轉 轉, 右基本步, 左踏, 膝轉
- 23 Rock back on to L. Rock forward on to R. 左足後下沉, 右足前回復
- 4&5 Step forward on to L. Turn 1/2 L stepping back on R. Turn 1/2 L stepping forward on L. 左足前踏,
左轉180度右足後踏, 左轉180度左足前踏
- 67& Long step R to R side. Cross rock L behind R. Recover on to R.
右足右一大步, 左足於右足後交叉下沉, 右足回復
- 8 Long step L to L side.左足左一大步
- & Bring R knee in towards L & turned in & relax L knee to prepare for the Ronde. 右膝向左轉準備做
繞的動作
-