

# As Fast As I Could (儘我所能) (zh)

COPPER KNOB  
BY STEPHEN METZ

拍數: 60      牆數: 4      級數: Intermediate  
編舞者: Rob Fowler (ES) - 2010年04月  
音樂: As Fast As I Could - Josh Turner



- 第一段 Step Forward Right, Step Brush Cross Over, Step Back, Left Shuffle Back, Rock Step 踏刷, 交叉後踏, 後交換, 後下沉 回復**
- 1,2 Step forward onto the right, brush left forward  
右足前踏, 左足前刷
- 3,4 Cross left over right, step back onto right  
左足於右足前交叉踏, 右足後踏
- 5&6 Left shuffle back 左後交換
- 7,8 Rock back onto right, rock forward onto left  
右足後下沉, 左足回復
- 第二段 1/4 Turn Left Side Chasse, Full Turn Right Side Chasse Left, Rock Step 1/4追步轉, 踏轉, 1/4轉追步, 後下沉 回復**
- &1&2 Make 1/4 turn to left, step left to left side, step left next to right, make 1/4 turn to right stepping forward onto right foot  
左轉90度, 左足左踏, 左足併踏, 右轉90度右足前踏
- 3,4 Step forward onto left, make 1/2 turn to right  
左足前踏, 右轉180度
- &5&6 Make 1/4 turn to right, step left to left side, step right next to left, step left to left side  
右轉90度, 左足左踏, 右足併踏, 左足左踏
- 7,8 Rock back on right, Rock forward on left  
右足後下沉, 左足回復
- 第三段 Switch Steps With 1/4 Turn Right 點收點收, 踵收踵踏, 後點踏 踵收, 後點 右1/4**
- 1&2& Touch right to right side, step right next to left, touch left to left side, step left next to right  
右足右點, 右足併踏, 左足左點, 左足併踏
- 3&4& Touch right heel forward, step right next to left, touch left heel forward, step forward onto left  
右足踵前點, 右足併踏, 左足踵前點, 左足前踏
- 5&6& Touch right behind left, step back onto right, touch left heel forward, step down onto left foot  
右足於左足後點, 右足後踏, 左足踵前點, 左足踏
- 7,8 Touch right behind left, make 1/4 turn to right stepping right to right side 右足於左足後點, 右轉90度  
右足右踏
- 第四段 Left Sailor Step, Right Cross Left Side, Right Sailor Step, Left Cross Right Side 水手步, 交叉 左踏, 水手步, 交叉 右踏**
- 1&2 Left sailor step 左水手步
- 3,4 Cross right over left, step left to left side  
右足於左足前交叉踏, 左足左踏
- 5&6 Right sailor step 右水手步
- 7,8 Cross left over right, step right to right side  
左足於右足前交叉踏, 右足右踏

**第五段**    **Left Coaster Step, Rock Step, ½ Turn Shuffle Over Right Shoulder, ½ Turn Shuffle Back Left** 海岸步, 下沉 回復, 轉交換, 轉交換

1&2    Left coaster step 左海岸步

3,4    Rock forward right, recover back onto left 右足前下沉, 左足回復

5&6    Make ½ turn right, right shuffle forward 右180度轉交換

7&8    Make ½ turn right, right shuffle back 右180度轉交換

**第六段**    **Right Coaster Step, Step Brush X3** 海岸步, 踏 刷共三次

1&2    Right coaster step 右海岸步

3,4    Step left , Brush right 左足踏, 右足刷

5,6    Step Right, Brush left 右足踏, 左足刷

7,8    Step left, Brush right 左足踏, 右足刷

**第七段**    **Rock, Recover, ¾ Turn Shuffle Right, Rock, Recover, Coaster Step, Step ½ Pivot Turn x2**  
下沉 回復, ¾轉交換, 下沉 回復, 海岸步, 踏 轉, 踏 轉

1,2    Rock forward right, Recover back on left 右足前下沉, 左足回復

3&4    Make ¾ turn right doing right shuffle 右轉270度右追步

5,6    Rock forward left, Recover back on right 左足前下沉, 右足回復

7&8    Left coaster step 左海岸步

9,10    Step forward right, Make ½ turn right 右足前踏, 右轉180度

11,12    Step forward right, Make ½ turn right 右足前踏, 右轉180度

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