

About A Girl (有個女孩) (zh)

COPPER KNOB
STEPSHETS

拍數: 64 牆數: 2 級數: Intermediate
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音樂: About a Girl - Sugababes : (CD: Single - 3:28)



前奏: Starts After 48 Counts. 48拍後起跳

第一段 **Side, Touch, Side, Behind & Rock Step, 1/4, Step.**
側, 點, 側, 後旁下沉回復, 1/4, 踏

- 1-3 Step Left to Left side, touch Right next to Left, step Right to Right side. 左足左踏, 右足併點, 右足右踏
4&5 Cross step Left behind Right, step Right to Right side, cross rock Left over Right. 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉下沉
6-8 Recover on Right, make 1/4 turn Left stepping forward Left, step forward Right. 右足回復, 左轉90度左足前踏, 右足前踏

第二段 **Side, Hold, In In, Heel, Grind, Coaster Step, Step.**
側, 候, 內內, 踵, 轉, 海岸步, 踏

- 1-2 Step Left to Left side, Hold. 左足左踏, 候
&3 Step Right to centre, step Left next to Right.
右足回踏, 左足併踏
4-5 Step Right heel forward, grind Right heel to Right as you recover weight to Left. 右足踵前點, 右足踵轉重心在左足
6&7 Step back on Right, step Left next to Right, step forward on Right.
右足後踏, 左足併踏, 右足前踏
8 Step forward on Left. 左足前踏

第三段 **1/2 Pivot, Step, 1/2, 1/4, Jazz Box. 1/2, 踏轉, 1/4, 爵士方塊**

- 1-2 Pivot 1/2 turn to Right, step forward on Left.
右軸轉180度, 左足前踏
3-4 Make 1/2 turn to Left stepping back on Right, 1/4 turn to Left stepping Left to Left side. 左轉180度右足後踏, 左轉90度左足左踏
5-6 Cross step Right over Left, step back on Left.
右足於左足前交叉踏, 左足後踏
7-8 Step Right to Right side, cross step Left over Right.
右足右踏, 左足於右足前交叉踏

第四段 **1/4 Turn, Hold, Ball 1/4 Turn, Hold, Ball Step, Step, 1/4, Cross.**
1/4, 候, 併 1/4, 候, 併踏, 踏, 1/4, 交叉

- 1-2 Make 1/4 turn Right stepping forward on Right, Hold.
右轉90度右足前踏, 候
&3-4 Step Left next to Right, make 1/4 turn to Right stepping forward on Right, Hold. 左足併踏, 右90度右足前踏, 候
&5-6 Step Left next to Right, step forward on Right, step forward on Left. 左足併踏, 右足前踏, 左足前踏
7-8 Pivot 1/4 turn to Right, cross step Left over Right. ****R2****
右軸轉90度, 左足於右足前交叉踏

****R2** RESTART 2.. Wall 6, Dance Up To & Including Count 5 (29) in Section 4 Then...**

第六面牆跳至第5拍時改跳下面三拍後從頭起跳

- 6-8 Rock forward on Left, recover on Right, touch Left next to Right.. Then Restart from Count 1 左足前下沉, 右足回復, 左足併點, 從頭起跳

第五段 **1/4, 1/4, Rock Step, Side, Cross, 1/4, 1/4 Rock.**
1/4, 1/4, 下沉回復, 側, 交叉, 1/4 1/4 下沉

- 1-2 Make 1/4 turn to Left stepping back on Right, 1/4 turn to Left stepping Left to Left side. 左轉90度右足後踏, 左轉90度左足左踏
- 3-4 Cross rock Right over Left, recover on Left.
右足於左足前交叉下沉, 左足回復
- 5-6 Step Right to Right side, cross step Left over Right.
右足右踏, 左足於右足前交叉踏
- 7-8 Make 1/4 turn to Left stepping back on Right, 1/4 turn to Left rocking Left to Left side. 左轉90度右足後踏, 左轉90度左足左下沉

第六段 Recover, Sailor 1/4 , Mambo Step, Touch, 1/2, Stomp.
回復, 水手轉1/4, 前曼波, 點, 1/2, 重踏

- 1 Recover on Right. 右足回復
- 2&3 Make 1/4 turn to Left crossing Left behind Right, step Right next to Left, step forward on Left.
左轉90度左足於右足後交叉踏, 右足併踏, 左足前踏
- 4&5 Rock forward on Right, recover on Left, step back on Right.
右足前下沉, 左足回復, 右足後踏
- 6-8 Touch Left toe back, unwind 1/2 turn to Left taking weight on Left, Stomp Right next To Left. ****R****
左足趾後點, 左繞轉180度重心在左足, 右足併重踏

****R** RESTART.. Walls 1 & 3, Dance Up To & Including Count 48 Then Restart Dance From Count 1.** 第一面牆及第三面牆跳至此, 從頭起跳

第七段 Side Rock & Point, 1/4 , Rock Step, Back, Back.
側下沉 併 點, 1/4, 下沉 回復, 後 後

- 1-2 Rock to Left side on Left, recover on Right.
左足左下沉, 右足回復
- &3-4 Step Left next to Right, point Right to Right side, make 1/4 turn Right stepping Right next to Left.
左足併踏, 右足右點, 右轉90度右足併踏
- 5-6 Rock forward on Left, recover on Right. 左足前下沉, 右足回復
- 7-8 Walk back Left-Right. 左足後走, 右足後走

第八段 Side Rock & Point, 1/4 , Rock Step, Back, 1/2.
側下沉 併 點, 1/4, 下沉回復, 後, 1/2

- 1-3 Rock to Left side on Left, recover on Right.
左足左下沉, 右足回復
- &3-4 Step Left next to Right, point Right to Right side, make 1/4 turn Right stepping Right next to Left.
左足併踏, 右足右點, 右轉90度右足併踏
- 5-6 Rock forward on Left, recover on Right
左足前下沉, 右足回復
- 7-8 Step back on Left, make 1/2 turn to Right stepping forward on Right.
左足後踏, 右轉180度右足前踏
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