

Antidote (解藥) (zh)

COPPER KNOB
STYLEDANCE

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Robbie McGowan Hickie (UK) - 2009年06月
音樂: Remedy - Little Boots : (CD: Hands)



前奏: 16 Count intro 16拍後起跳

- 第一段** **Cross Rock. Chasse 1/4 Turn Left. Step. Pivot 1/2 Turn Left. Step. Pivot 1/4 Turn Left.** 交叉下沉, 左轉90度, 踏, 左1/2, 踏, 左1/4
- 1-2 Cross rock Left over Right. Rock back on Right.
左足於右足前交叉下沉, 右足後下沉
- 3&4 Step Left to Left side. Step Right beside Left. Make 1/4 turn Left stepping forward on Left. 左足左踏, 右足併踏, 左轉90度左足前踏
- 5-6 Step forward on Right. Pivot 1/2 turn Left. 右足前踏, 左軸轉180度
- 7-8 Step forward on Right. Pivot 1/4 turn Left. (Facing 12 o'clock) 右足前踏, 左軸轉90度(面向12點鐘)
- 第二段** **Cross Rock. Right Sailor Cross 1/4 Turn Right. Side Rock with Hitch. Left Shuffle Forward.**
交叉下沉, 右1/4水手交叉, 側下沉帶抬, 左前交換
- 1-2 Cross rock Right over Left. Rock back on Left.
右足於左足前交叉踏, 左足後下沉
- 3&4 Sweep/Cross Right behind Left making 1/4 turn Right. Step Left beside Right. Cross Right over Left.
右足繞至後右轉90度, 左足併踏, 右足於左足前交叉踏
- 5-6 Rock Left to Left side. Recover on Right hitching Left knee up.
左足左下沉, 右足回復左膝抬
- 7&8 Left shuffle forward stepping Left. Right. Left. (Facing 3 o'clock) 左前交換-左, 右, 左(面向3點鐘)
- 第三段** **Full Turn Left. Right Mambo Forward. Touch Back. Reverse Pivot 1/2 Turn Left. Right Cross Samba.**
左轉圈, 右前曼波, 後點, 左反轉1/2, 右交叉森巴
- 1-2 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left. 左轉180度右足後踏, 左轉180度左足前踏
- 3&4 Rock forward on Right. Rock back on Left. Step back on Right.
右足前下沉, 左足後下沉, 右足後踏
- 5-6 Touch Left toe back. Reverse pivot 1/2 turn Left. (Weight on Left) (Facing 9 o'clock)
左足趾後點, 左反軸轉180度(重心在左足)(面向9點鐘)
- 7&8 Cross step Right over Left. Step Left beside Right. Step Right Diagonally Forward Right.
右足於左足前交叉下沉, 左足併踏, 右足於斜角前踏
- 第四段** **Cross Rock. Left Shuffle Diagonally Back. Back Rock. Full Turn Left.** 交叉下沉, 左斜角後踏, 後下沉, 左轉圈
- 1-2 Cross rock Left over Right. Rock back on Right.
左足於右足前交叉下沉, 右足後下沉
- 3&4 Step Left Diagonally back Left. Close Right beside Left. Step Left Diagonally back Left. 左足於左斜角後踏, 右足併踏, 左足於左斜角後踏
- 5-6 Rock back on Right. Rock forward on Left. 右足後下沉, 左足前下沉
- 7& Make 1/4 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left. 左轉90度右足後踏, 左轉180度左足前踏
- 8 Make 1/4 turn Left stepping Right to Right side. (Facing 9 o'clock) 左轉90度右足右踏(面向9點鐘)

Easier: Counts 7&8 above ... Chasse Right. 右追步

第五段 Back Rock. Left Side Step. Drag Together. Left Shuffle Forward. Forward Rock. 後下沉, 左側踏, 拖併, 左前交換, 前下沉

- 1-2 Rock back Left behind Right. Rock forward on Right.
左足於右足後下沉, 右足前下沉
- 3-4 Long step Left to Left side – pushing Hips Left. Slide/Drag Right beside Left. (Weight on Right)
左足左一大步, 左推臀, 右滑併踏(重心在右足)
- 5&6 Left shuffle forward stepping Left. Right. Left. 前交換-左, 右, 左
- 7-8 Rock forward on Right. Rock back on Left. 右足前下沉, 左足後下沉

第六段 Right Shuffle 1/2 Turn Right. 2 x 1/2 Turns Right. Forward Rock. Left Shuffle Back. 右1/2轉交換, 二次右1/2, 前下沉, 左後交換

- 1&2 Right shuffle making 1/2 turn Right stepping Right. Left. Right. 右轉180度右交換步-右, 左, 右
- 3-4 Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right. 右轉180度左足後踏, 右轉180度右足前踏
- 5-6 Rock forward on Left. Rock back on Right. 左足前下沉, 右足後下沉
- 7&8 Left shuffle back stepping Left. Right. Left. (Facing 3 o'clock)
左後交換步-左, 右, 左(面向3點鐘)

第七段 2x 1/2 Turns Right. Dip Down/Up). Right Kick-Ball-Side. Cross Rock. 二次右轉1/2, 蹲下/站起, 右踢併踏, 交叉下沉

- 1-2 Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left. 右轉180度右足前踏, 右轉180度左足後踏
- 3-4 (Weight on Both feet)...Dip Down. Stand Up. (Weight ends on Left)
(重心在雙足) 蹲下, 站起 (重心在左足)
- 5&6 Kick Right forward. Step ball of Right beside Left. Step Left to Left side. 右足前踢, 右足併踏, 左足左踏
- 7-8 Cross rock Right over Left. Rock back on Left. (Facing 3 o'clock)
右足於左足前交叉下沉, 左足後下沉(面向3點鐘)

第八段 Side Step. Together. Chasse 1/4 Turn Right. Step. Pivot 1/2 Turn Right. Step. Pivot 1/4 Turn Right. 側踏, 併, 右1/4追步, 踏, 右轉1/2, 踏, 右轉1/4

- 1-2 Step Right to Right side. Close Left beside Right.
右足右踏, 左足併踏
- 3&4 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.
右足右踏, 左足併踏, 右轉90度右足前踏
- 5-6 Step forward on Left. Pivot 1/2 turn Right. 左足前踏, 右軸轉180度
- 7-8 Step forward on Left. Pivot 1/4 turn Right. (Facing 3 o'clock)
左足前踏, 右軸轉90度(面向3點鐘)
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