

# Ami Oh (就是要愛) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Vivienne Scott (CAN) - 2007年01月  
音樂: Ami Oh - African Connection



前奏: Start 32 counts in (available on itunes)

**第一段**      **STEP RIGHT TO RIGHT SIDE, STEP LEFT BESIDE RIGHT, TRIPLE IN PLACE STEP LEFT TO LEFT SIDE, STEP RIGHT BESIDE LEFT, TRIPLE IN PLACE**  
右足右踏, 左足併踏, 三次原地踏, 左足左踏, 右足併踏, 三次原地踏

**\*\*Styling:** Latin hips for this section! 拉丁擺臀

- 1-2      Step right to right side, step left beside right  
右足右踏, 左足併踏
- 3&4      Step right beside left, step left beside right, step right beside left  
右足併踏, 左足併踏, 右足併踏(原地踏三次)
- 5-6      Step left to left side, step right beside left  
左足左踏, 右足併踏
- 7&8      Step left beside right, step right beside left, step left beside right  
左足併踏, 右足併踏, 左足併踏(原地踏三次)

**第二段**      **ROCK RIGHT BACK, TRIPLE IN PLACE, ROCK LEFT BACK, TRIPLE IN PLACE**  
右後下沉, 三次原地踏, 左後下沉, 三次原地踏

- 1-2      Rock right back on a diagonal behind left bending right knee, recover on left 右足彎曲於左足後斜角線下沉, 左足回復
- 3&4      Step right beside left, step left beside right, step right beside left (use your hips!) 右足併踏, 左足併踏, 右足併踏(擺臀)
- 5-6      Rock left back on a diagonal behind right bending left knee, recover on right 左足彎曲於右足後斜角線下沉, 右足回復
- 7&8      Step left beside right, step right beside left, step left beside right (use your hips!) 左足併踏, 右足併踏, 左足併踏(擺臀)

**第三段**      **SIDE ROCK RIGHT & STEP FORWARD, SIDE ROCK LEFT & STEP FORWARD, ROCK FORWARD RIGHT, 1/4 TURN SHUFFLE**  
右側下沉 & 前踏, 左側下沉 & 前踏, 右前下沉, 轉1/4交換步

- 1&2      Rock right to right side, recover on left, step right forward  
右足右下沉, 左足回復, 右足前踏
- 3&4      Rock left to left side, recover on right, step left forward  
左足左下沉, 右足回復, 左足前踏
- 5-6      Rock forward on right, recover on left  
右足前下沉, 左足回復
- 7&8      Step right to right side turning 1/4 right, close left beside right, step right to right side  
右足右踏右轉90度, 左足併踏, 右足右踏

**第四段**      **WEAVE TO RIGHT WITH 1/4 TURN, ROCK FORWARD 1/4 TURN, COASTER STEP**  
右藤步轉1/4, 前下沉轉1/4, 海岸步

- 1-2      Cross left over right, step right to right side  
左足於右足前交叉踏, 右足右踏
- 3-4      Step left behind right, step right to right side turning 1/4 right  
右足於右足後踏, 右足右踏右轉90度

5-6 On ball of right foot turn 1/4 right rocking left forward, recover on right 右轉90度左足前下沉, 右足回復

Styling option: Hitch left knee up as you go into the turn 準備右轉時抬左足

7&8 Step left back, step right beside left, step left forward  
左足後踏, 右足併踏, 左足前踏

Alternative for 7&8 triple full turn over left shoulder 小三步轉圈

- 進階版

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