

Alfie (阿飛) (巴黎鐵塔) (zh)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Cato Larsen (NOR) - 2006年10月
音樂: Alfie - Lily Allen : (CD: Lily Allen, Alright Still)



前奏 : 16 count intro - start on vocals

第一段 **Walk Back x 3, Hitch, Walk Forward x 3, Kick**
後走步三次, 抬, 前走步三次, 踢

- 1-3 Walk back right. Walk back left. Walk back right.
右後走步, 左後走步, 右後走步
- 4 Hitch left knee and clap. 左膝蓋抬起 & 拍手
- 5-7 Walk forward left. Walk forward right. Walk forward left.
左前走步, 右前走步, 左前走步
- 8 Kick right forward and clap. 右足前踢 & 拍手

第二段 **Rolling Vine Right, Touch, Rolling Vine Left, Touch**
右旋轉華倫, 點, 左旋轉華倫, 點

- 1 Make 1/4 turn right stepping right forward.
右轉90度右足前踏
- 2 Make 1/2 turn right stepping left back.
右轉180度左足後踏
- 3 Make 1/4 turn right stepping right to right side.
右轉90度右足右踏
- 4 Touch left toe beside right and clap. (12:00)
左足趾併點 & 拍手(12點鐘)
- 5 Make 1/4 turn left stepping left forward.
左轉90度左足前踏
- 6 Make 1/2 turn left stepping right back.
左轉180度右足後踏
- 7 Make 1/4 turn left stepping left to left side.
左轉90度左足左踏
- 8 Touch right toe beside left and clap. (12:00)
右足趾併點 & 拍手(12點鐘)

第三段 **Cross Rock, Side, Cross Rock, Side, Step, Pivot 1/2 Left, Stomp x 2** 交叉下沉, 側, 交叉下沉, 側, 踏, 左轉1/2, 重踏二次

- 1&2 Cross rock right over left. Recover onto left. Step right to right side. 右足於左足前交叉下沉, 左足回復, 右足右踏
- 3&4 Cross rock left over right. Recover onto right. Step left to left side. 左足於右足前交叉下沉, 右足回復, 左足左踏
- 5-6 Step right forward. Pivot 1/2 turn left. (6:00)
右足前踏, 左軸轉180度(6點鐘)
- 7-8 Stomp right beside left. Stomp left beside right.
右足併重踏, 左足併重踏

第四段 **Cross Rock, Side, Cross Rock, Side, Step, Pivot 1/4 Left, Stomp x 2** 交叉下沉, 側, 交叉下沉, 側, 踏, 左轉1/4, 重踏二次

- 1&2 Cross rock right over left. Recover onto left. Step right to right side. 右足於左足前交叉下沉, 左足回復, 右足右踏
- 3&4 Cross rock left over right. Recover onto right. Step left to left side. 左足於右足前交叉下沉, 右足回復, 左足左踏
- 5-6 Step right forward. Pivot 1/4 turn left. (3:00)
右足前踏, 左軸轉90度(3點鐘)
- 7-8 Stomp right beside left. Stomp left beside right.
右足併重踏, 左足併重踏
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