

# AM I? (是否) (zh)

COPPER KNOB  
BY STEPHEN METZ

拍數: 32      牆數: 4      級數: Improver  
編舞者: Cato Larsen (NOR) - 2008年04月  
音樂: Am I Supposed To Love Again - Veronica Akselsen



前奏: Start the dance at vocals after 32 counts

**第一段**      **Side, Slide, Together, Cross, 3/4 Pivot turn, Run forward.**  
側, 滑, 併, 交叉, 轉3/4, 向前跑

- 1-2      Step left long step to left side (1), Slide right foot towards left (2). [12:00] 左足左一大步, 右足滑向左足(面向12點鐘)
- 3-4      Step right next to left (3), Cross left over right (4).  
右足併踏, 左足於右足前交叉踏
- 5      Pivot ¼ turn left Stepping back on right (5). [9:00]  
左轉90度右足後踏(面向9點鐘)
- 6      Continue to turn another ½ turn left on ball of right foot (6). [3:00] 重心在右足持續左轉180度(面向3點鐘)
- 7-8      Step forward on left (7), Step forward on right (8).  
左足前踏, 右足前踏

**第二段**      **Syncopated Mambo Rock 1/4 turn, Step, 1/2 Pivot turn twice.**  
變奏轉1/4下沉曼波, 踏, 轉1/2二次

- 1-3      Step forward on left (1), Hold (2), Rock (recover) back again onto right (3) 左足前踏, 候, 右足後下沉
- 4      Pivot ¼ turn left Stepping forward on left (4). [12:00]  
左轉90度左足前踏(面向12點鐘)
- 5-6      Step forward on right (5), Hold (6) 右足前踏, 候
- 7      Pivot ½ turn right Stepping back on left (7). [6:00]  
右轉180度左足後踏(面向6點鐘)
- 8      Pivot ½ turn right Stepping forward on right (8). [12:00]  
右轉180度右足前踏(面向12點鐘)

**第三段**      **Step, Hold, 1/2 turn, 1/2 Pivot turn, Back & Slide into partial Coaster Step.** 踏, 候, 轉1/2, 轉1/2, 後 & 滑, 部份海岸步2拍

- 1-2      Step forward on left (1), Hold (2) 左足前踏, 候
- 3-4      Step forward on right (3), Pivot (swivel) ½ turn left (4). [6:00]  
右足前踏, 左轉180度(面向6點鐘)
- 5      Pivot ½ turn left Stepping long step back on right (5). [12:00]  
左轉180度右足後一大步
- 6      Slide left next to right (6) 左足滑向右足
- 7-8      Step back on left (7), Step right next to left (8)  
左足後踏, 右足併踏

**第四段**      **Finish Coaster Step, Hold, Rock Step, 1/4 Pivot turn, Cross, 1/4 Pivot turn, 1/4 turn**  
海岸步1拍, 候, 下沉踏, 轉1/4, 交叉, 轉1/4, 轉1/4

- 1-2      Step forward on left (1), Hold (2) 左足前踏, 候
- 3-4      Step forward on right (3), Rock (recover) back again onto left (4) 右足前踏, 左足後下沉
- 5-6      Pivot ¼ turn right Stepping right to right side (5), Hold (6). [3:00] 右轉90度右足右踏, 候(面向3點鐘)
- 7      Cross left foot over right (7) 左足於右足前交叉踏
- 8      Pivot ¼ turn left Stepping back on right (8). [12:00]  
左轉90度右足後踏(面向12點鐘)

Start the dance over again by adding another ¼ turn left Stepping left long step to left (1). [9:00] 起跳第1拍改成左轉90度左足左一大步(9點鐘)

**TAG:**

To be danced after wall 2 & 5. You will be facing 6:00 1st time & 9:00 the 2nd time. 加拍:第二面牆面向6點鐘方向及第六面牆面向9點鐘方向

**Hipsway left, Hipsway right. 左擺臀, 右擺臀**

1-4 Sway our Hips to the left (1,2), Sway your Hips to the right (3,4)  
以2拍左擺臀, 以2拍右擺臀

RESTART: Restart the dance after count 28 on wall nr. 7. (you'll be facing 6:00 o'clock). 第八面牆跳完下面四拍面向6點鐘方向, 從頭起跳

**You are standing on left foot forward on count 25; (After the Coaster Step).**

第三段海岸步結束, 第四段第1拍左足前踏後, 改成下列舞步

2-4 Hold (26), Step forward on right (27), Hold (28)  
候, 右足前踏, 候

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