

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
