

Mama's Words (媽媽的話) (zh)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Henry Costa (USA) - 2008年02月
音樂: Listen to Mom (聽媽媽的話) - Jay Chou (周杰倫) : (CD: Still Fantasy - 依然范特西)



前奏 : 2 X 8 拍 16拍起跳

第一段 SIDE, TOGETHER, SIDE, TOGETHER, RIGHT SIDE SHUFFLE, CROSS, SIDE, BACK, CROSS 側, 併, 側, 併, 右側交換步, 交叉, 側, 後, 交叉

1-4 Step side RIGHT, step LEFT next RIGHT, step Side RIGHT, step LEFT next RIGHT 右足側踏, 左足併踏, 右足側踏, 左足併踏

(Optional arm movements: as you step side right, Wave left hand across the top of head, just past right Of head: arm slightly bent. Back to left when step next to starting foot. Think of arm waving side to side at a concert!)
在頭上搖擺左手到頭右邊, 手臂微微彎曲, 下一拍手臂回到左邊原位

5 & 6 (Right Side Shuffle) Step side RIGHT, slide LEFT Next to RIGHT, step side RIGHT (arm now at side)
(右側交換步)右足側踏, 左足併踏, 右足側踏

7&8& Cross LEFT in front of RIGHT, step side RIGHT, Step back LEFT (Slightly back past RIGHT), Cross RIGHT in front of LEFT (weight on RIGHT)
左足於右足前交叉踏, 右足側踏, 左足後踏, 右足於左足前交叉踏

第二段 SIDE, TOGETHER, SIDE, TOGETHER, LEFT SIDE SHUFFLE, CROSS, SIDE, BACK, CROSS 側, 併, 側, 併, 左側交換步, 交叉, 側, 後, 交叉

1-4 Step side LEFT, step RIGHT next LEFT, step Side LEFT, step RIGHT next LEFT 左足側踏, 右足併踏, 左足側踏, 右足併踏

(Optional arm movements: as you step side left, Wave right hand across the top of head, just past left of head: arm slightly bent . Back to right when step next to starting foot. Think of arm waving side to side at a concert!)
在頭上搖擺右手到頭左邊, 手臂微微彎曲, 下一拍手臂回到右邊原位

5 & 6 (Left Side Shuffle) Step side LEFT, slide RIGHT Next to RIGHT, step side LEFT (arm now at side)
(左側交換步)左足側踏, 右足併踏, 左足側踏

7&8& Cross RIGHT in front of LEFT, step side LEFT, Step back RIGHT (Slightly back past LEFT), Cross LEFT in front of RIGHT (weight on LEFT)
右足於左足前交叉踏, 左足側踏, 右足後踏, 左足於右足前交叉踏

**第三段 LONG STEP SIDE RIGHT, SLIDE TOUCH LEFT NEXT TO RIGHT, 1/4 LEFT SIDE SHUFFLE, LONG STEP SIDE RIGHT, 1/4 LEFT SIDE SHUFFLE
向右一大步, 側點, 1/4左側交換步, 向右一大步, 1/4左側交換步**

1-2 Long step side RIGHT, slide LEFT toe touch next to RIGHT
右足向右一大步, 左足趾併點

3&4 (1/4 turn Left side shuffle to left) Step Left 1/8 turn to left, Slide RIGHT next to LEFT to continue the turn, Step side LEFT 1/8 of turn to complete 1/4 turn
(左轉1/4側交換步)左足左轉1/8, 右足滑併踏, 左足左轉1/8

5-6 Long step side RIGHT, slide LEFT toe touch next to RIGHT
右足向右一大步, 左足趾併點

7&8 (1/4 turn Left side shuffle to left) Step Left 1/8 turn to left, Slide RIGHT next to LEFT to continue the turn, Step side LEFT 1/8 of turn to complete 1/4 turn (weight on LEFT)
(左轉1/4側交換步)左足左轉1/8, 右足滑併踏, 左足左轉1/8

**第四段 45 DEGREE ANGLE RIGHT SHUFFLE FORWARD, 45 DEGREE ANGLE LEFT FORWARD SHUFFLE, SKATE STEP RIGHT ANGLE FORWARD, SKATE STEP LEFT ANGLE FORWARD
右45度前交換, 左45度前交換, 右前滑冰, 左前滑冰**

1&2 (RIGHT 45 Degree angle/ Right shuffle forward) Step forward RIGHT, Slide LEFT forward next to RIGHT, step forward RIGHT
(右45度角/右前交換步)右足前踏, 左足滑併踏, 右足前踏

- 3&4 (LEFT 45 Degree angle/ LEFT shuffle forward) Step forward LEFT, Slide RIGHT forward next to LEFT, step forward LEFT
(左45度角/左前交換步)左足前踏, 右足滑併踏, 左足前踏
- 5-6 (Right skate step forward) Slide RIGHT forward (turning body Slightly To right), slide touch LEFT toe next to RIGHT
(右滑冰步)右足滑向前(身體略向右方)左足趾滑併點
- 7-8 (Left skate step forward) Slide LEFT forward (turning body Slightly To left), slide touch RIGHT toe next to LEFT (weight on LEFT)
(左滑冰步)左足滑向前(身體略向左方)右足趾滑併點(重心在左足)
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