

My Shoes (同理心) (zh)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
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音樂: My Shoes - Jordan Pruitt : (CD: Single)



前奏 : Start 16 counts in on the vocals (0:08)

第一段 Walk, Forward R,L, Anchor Step, Walk Back L,R, Touch L,R 走走, 原地三步, 後走 後走, 點收 點收

1,2 Walk Fwd Rt, Lt 右足前走, 左足前走

3&4 Step ball of Rt in Place, Step Lt across Rt, Step Rt Back
右足踏, 左足於右足前交叉踏, 右足後踏

5,6 Walk back Lt, Rt 左足後踏, 右足後踏

Option: 5,6 Make 1/2 turn Lt (6:00) stepping Fwd on Lt, Make 1/2 Turn Lt (12:00) Stepping Back on Rt.
左轉180度左足前踏, 左轉180度右足後踏(面向12點鐘)

7&8& Touch Lt to Lt, Step Lt next to Rt, Touch Rt to Rt, Step Rt next to Lt 左足左點, 左足併踏, 右足右點, 右足併踏

第二段 Heel, Hold, & Turn, Step, Turn, Back, Back, Together 踵, 候-收-1/4, 踏, 轉, 後, 後, 後-併

1,2 Present Lt Heel Fwd, Hold 左足踵前點, 候

&3,4 Step Lt next to Rt, Make 1/4 turn Rt (3:00) stepping Rt Fwd, Step Lt Fwd 左足併踏, 右轉90度(面向3點鐘)右足前踏, 左足前踏

5,6 Make 1/2 turn Lt (9:00) stepping Rt back, Step Lt Back
左轉180度(面向9點鐘)右足後踏, 左足後踏

Option: 6,7 Full turn over Lt shoulder 6 7拍可以各轉180度成一轉圈

7,8& Step Rt back, Step Lt back, Step Rt next to Lt
右足後踏, 左足後踏, 右足併踏

第三段 Step, Hold, & Lock Step, & Lock Step, Rock Recover, Walk Back L,R 踏, 候-鎖-踏, 前鎖步, 下沉 回復, 後 後

1,2 Step Lt Fwd, Hold 左足前踏, 候

&3,4 Lock Rt behind Lt, Step Lt Fwd, Step Rt Fwd
右足於左足後鎖踏, 左足前踏, 右足前踏

&5,6 Lock Lt behind Rt, Step Rt Fwd, Rock Fwd on Lt
左足於右足後踏, 右足前踏, 左足前下沉

7,8& Recover on Rt, Step Lt Back, Step Rt back
右足回復, 左足後踏, 右足後踏

第四段 Turn, Drag, Rock & Turn, Turn, Turn, Back, Rock Step 1/4, 右拖併 後下沉 回復, 1/4 1/4 1/4, 後, 後下沉 回復

1,2 1/4 Turn Lt Step Lt to Side, Drag Rt Next To Lt
左轉90度左足左踏, 右足拖併

&3,4 Rock Rt behind Lt, Step Lt in place, Make 1/4 turn Rt (9:00) stepping Rt Fwd
右足於左足後下沉, 左足回復, 右轉90度右足前踏(面向9點鐘)

5,6 Make 1/4 turn Rt (12:00) stepping Lt to Lt, Make 1/4 turn Rt (3:00) stepping Rt back
右轉90度(面向12點鐘)左足左踏, 右轉90度(面向3點鐘)右足後踏

7,8& Step Lt back, Rock ball of Rt Back, Step Lt Forward
左足後踏, 右足後下沉, 左足回復
