

Makin' Friends (以舞會友) (zh)

COPPER KNOB
STYLEDANCE

拍數: 64 牆數: 4 級數: Improver
編舞者: Lilly Lee (TW) & Linda Yu (TW) - 2010年06月
音樂: Do You Wanne Be My Friend - Alex Swings Oscar Sings! : (CD: Love 4 Sale)



前奏 : Intro: 16 count, start with vocals

第一段 **Hip Swivel Right (Travel & Lean), Hip Swivel Left (Travel & Lean)**
右扭臀(重心及身體都跟著移動), 左扭臀(重心及身體都跟著移動)

1-2 Right Side Touch Swivel Hip right, swivel Hip Left (Weight Center)
(重心在左足)右足右點右扭臀, 左扭臀(重心回中央)

3-4 Swivel Hip right (Weight Right), Swivel Hip Left (Weight Right)
右扭臀(重心在右), 左扭臀(重心在右)

5-6 Swivel Hip Right, Swivel Hip Left (Weight Center)
右扭臀, 左扭臀(重心回中央)

7-8 Swivel Hip Right (Weight Left), Swivel Hip Left(Weight Left)
右扭臀(重心在左), 左扭臀(重心在左)

Option: May Hitch on & before count 1 and count 8
選擇版 第1拍及第8拍可以配合做右足抬的動作

第二段 **Hip Swivel Right (Travel & Lean), Hip Swivel Left (Travel & Lean)**
右扭臀(重心及身體都跟著移動), 左扭臀(重心及身體都跟著移動)
動作同第一段

1-2 Right Side Touch Swivel Hip right, swivel Hip Left (Weight Center)
(重心在左足)右足右點右扭臀, 左扭臀(重心回中央)

3-4 Swivel Hip right (Weight Right), Swivel Hip Left (Weight Right)
右扭臀(重心在右), 左扭臀(重心在右)

5-6 Swivel Hip Right, Swivel Hip Left
右扭臀(重心在左), 左扭臀(重心在左)

7-8 Swivel Hip Right (Weight Left), Swivel Hip Left(Weight Left)
右扭臀(重心在左), 左扭臀(重心在左)

第三段 **Cross, Side Touch, x4 交叉 側點 共4次**

1-2 Right Cross, Left Side Touch 右足於左足前交叉踏, 左足左點

3-4 Left Cross, Right Side Touch 左足於右足前交叉踏, 右足右點

5-6 Right Cross, Left Side Touch 右足於左足前交叉踏, 左足左點

7-8 Left Cross, Right Side Touch 左足於右足前交叉踏, 右足右點

Option: Snap both hands down at each side on even count
選擇版 雙手在偶數拍時配合彈手指

第四段 **Cha Cha (or Lock) Back x2, Jazz box**
後恰恰(或後鎖步)2次, 爵士方塊

1&2 Right cha cha back 後交換-右, 左, 右

3&4 Left cha cha back 後交換-左, 右, 左

5-8 Right Cross, Left Back, Right Back, Left in place
右足於左足前交叉踏, 左足後踏, 右足後踏, 左足踏

Option: 1&2 with Right shoulder back, 3&4 with Left shoulder back
選擇版 1&2時右肩轉向後, 3&4時左肩轉向後

第五段 **Side Hip Bumps 側推臀**

1-2 Bump hips right twice 右推臀二次

3-4 Bump hips left twice 左推臀二次

5-6 Bump Hips Right, Bump Hips Left, 右推臀, 左推臀

7-8 Bump Hips Right, Bump Hips Left 右推臀, 左推臀

Option: Add arms movements whatever you like to
選擇版 雙手配合音樂做自由擺動

****RESTART: END of 5th wall [9:00], dance 40 counts then restart**
第五面牆(面向9點鐘)跳至此, 從頭起跳

第六段 Lindy x2 - Chasse Right, Rock,Recover; Chasse Left, Rock,Recover
琳蒂舞(追步, 後下沉 回復) 2次
右追步, 後下沉 回復, 左追步, 後下沉 回復

1&2 Step right to right, step left close, step right to right
右足右踏, 左足併踏, 右足右踏

3-4 Rock left back, Recover on to right 左足後下沉, 右足回復

5&6 Step left to left, step right close, step left to left
左足左踏, 右足併踏, 左足左踏

7-8 Rock right back, Recover on to left 右足後下沉, 左足回復

Option: May Hitch on & before Odd counts
選擇版 在奇數拍前可以做抬的動作

第七段 Charleston x2 with arms swings 查爾斯頓步2次帶雙手前後擺動

1-2 Step Right in place, Kick Left forward 右足踏, 左足前踢

3-4 Step Left in place, Touch Right back 左足踏, 右足後點

5-6 Step Right in place, Kick Left forward 右足踏, 左足前踢

7-8 Step Left in place, Touch Right back 左足踏, 右足後點

第八段 Camel Walk Back x4, Side,Touch,Turn,Touch
後駱駝走步4次, 側點, 轉, 點

1-2 Step Right Back, Step Left Back 右足後踏, 左足後踏

3-4 Step Right Back, Step Left Back 右足後踏, 左足後踏

5-6 Step Right Side, Touch Left next to right
右足右踏, 左足併點

7-8 Step Left forward 1/4 Turn Left, Touch Right next to left
左轉90度左足前踏, 右足併點

TAG: END of 2nd wall [6:00], add 16 counts
第二面牆結束(面向6點鐘), 加16拍

Camel walk forward, Side Touch x2 and Camel walk back, Side Touch x2
駱駝前走步, 側點2次, 駱駝後走步, 側點2次

1-4 Camel walk forward start with Right, 駱駝前走步-右, 左, 右, 左

5-8 Step Right Side, Touch Left next to Right, Step Left side, Touch Right Next to Left 右足右踏, 左足併點, 左足左踏, 右足併點

1-4 Camel walk back start with Right 駱駝後走步-右, 左, 右, 左

5-8 Step Right Side, Touch Left next to Right, Step Left side, Touch Right Next to Left 右足右踏, 左足併點, 左足左踏, 右足併點

Ending: Music will fade out on counts 40 [6:00], Just Step Right Side, Half Turn Left [12:00], slowly put Right hand out, palm up
..... smile !! like saying "give me your hand, let's make friends" ...

結束:

音樂結束在面向6點鐘第五段(推臀), 右足右踏, 左轉180度(面向12點鐘), 慢慢將右手伸出, 右手掌向上微笑, 像是在跟大家說:「把手交給我, 我們以舞會友吧!」
