

Make My Day (你讓我快樂) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Francien Sittrop (NL) - 2008年12月
音樂: Perhaps, Perhaps, Perhaps - The Pussycat Dolls : (CD: Doll Domination)



前奏 : Intro: Start on vocals (after 16 counts)

第一段 Side, Rock fwd , Recover, Cha-Cha R, Cross, Unwind full Turn, Cha-cha L 側, 前下沉, 回復, 右恰恰, 交叉, 繞轉圈, 左恰恰

- 1 Step L to L side 左足左踏
2 - 3 Rock R across L , Recover on L 右足於左足前交叉下沉, 左足回復
4 & 5 Step R to R side, Step L next to R, Step R to R side
右足右踏, 左足併踏, 右足右踏
6 - 7 Step L across R, Full Turn R (12.00)
左足於右足前交叉踏, 右轉圈(面向12點鐘)
8 & 1 Step L to L side, Step R next to L, Step L to L side
左足左踏, 右足併踏, 左足左踏

第二段 ¼ Turn R, Recover, Cha-cha R, ¼ Turn L, Recover , Kick Ball Cross
右轉1/4, 回復, 右恰恰, 左轉1/4, 回復, 踢交換交叉

- 2 - 3 Make ¼ Turn R and step R back (3.00) and look over your shoulder (9.00) ,make ¼ Turn L and recover on L (12.00)
右轉90度右足後踏(面向3點鐘)看向肩膀(面向9點鐘), 左轉90度左足回復(面向12點鐘)
4 & 5 Step R to R side, Step L next to R, Step R to R side (12.00)
右足右踏, 左足併踏, 右足右踏(面向12點鐘)

Ending: Dance up until count 13 (Cha - Cha R) . Touch L back and make ¾ Turn L to the front wall.

結束 : 跳到第二段前4拍右恰恰結束, 左足後點轉270度面向前面牆

- 6 - 7 Make ¼ Turn L and step L back (9.00) and look over your shoulder (3.00),recover on R (9.00)
左轉90度左足後踏(面向9點鐘)看向肩膀(面向3點鐘), 左足回復(面向9點鐘)
8 & 1 Kick L fwd, Step L next to R, Step R across L (9.00)
左足前踢, 左足併踏, 右足於左足前交叉踏(面向9點鐘)

第三段 Hip Sways L, R, Behind ,Side, Cross, Hold, And Cross, Hold, And Cross 擺臀-左, 右, 後, 側, 交叉, 候, &交叉, 候, &交叉

- 2 - 3 Step L to L side and sway Hip L, Sway Hip R,
左足左踏左擺臀, 右擺臀
4 & 5 Step L behind R, Step R to R side, Step L across R
左足於右足後踏, 右足右踏, 左足於右足前交叉踏
6 & 7 Hold, Step R to R side, Step L across R
候, 右足右踏, 左足於右足前交叉踏
8 & 1 Hold, Step R to R side, Step L across R
候, 右足右踏, 左足於右足前交叉踏

第四段 Rock Side , Recover , Behind, ¼ L fwd, ¼ L side, Rock fwd, Recover, Coaster step
側下沉, 回復, 後, 左1/4前, 左1/4側, 前下沉, 回復, 海岸步

- 2 - 3 Rock R to R side, Recover on L 右足右下沉, 左足回復
4 & 5 Step R behind L, ¼ Turn L and step L fwd, ¼ L and Step R to R side (3.00)
右足於左足後踏, 左轉90度左足前踏, 左轉90度右足右踏(面向3點鐘)
6 - 7 Rock L across R, Recover on R 左足於右足前交叉下沉, 右足回復
8 & Step L back, Step R next to L 左足後踏, 右足併踏