

# 1 Thin Dime (一個銅板) (zh)

COPPER KNOB  
STEPPSHEETS

拍數: 64      牆數: 4      級數: Improver  
編舞者: Michele Perron (CAN)  
音樂: One Thin Dime - Nancy Hays



## 第一段 HEEL, HOOK, HEEL, HOLD, HEEL/STEP, BEHIND, SIDE, HOLD 踵, 勾, 踵, 候, 踵踏, 後, 側, 候

1-2 Right heel forward, right heel hook/up across front of left shin  
右足踵前踏, 右足踵於左小腿前交叉勾

3-4 Right heel forward, hold  
右足踵前踏, 候

Lean to right on 5,6,7

Heel/step = place heel on floor rolling smoothly onto toe/ball  
第5,6,7拍身體向左傾, 踵踏=以踵踏再慢慢放下趾部

5 Right heel/step to side right 右足右踵踏

6 Left step across and behind right 左足於左足後交叉踏

7-8 Right step to side right, hold 右足右踏, 候

## 第二段 HEEL, HOOK, HEEL, HOLD, HEEL/STEP, BEHIND, SIDE, HOLD 踵, 勾, 踵, 候, 踵踏, 後, 側, 候

1-2 Left heel forward, left heel hook/up across front of right  
左足踵前踏, 左足踵於右足前交叉勾

3-4 Left heel forward, hold  
左足踵前踏

Lean to left on 5,6,7

Heel/step = place heel on floor rolling smoothly onto toe/ball  
第5,6,7拍身體向左傾, 踵踏=以踵踏再慢慢放下趾部

5 Left heel/step to side left  
左足左踵踏

6 Right step across and behind left 右足於左足後交叉踏

7-8 Left step to side right, hold 左足左踏, 候

## 第三段 WALK, HOLD, WALK, FORWARD, RECOVER, BACK, HOLD 走, 候, 走, 前, 回復, 後, 候

1-2 Right step forward, hold 右足前踏, 候

3-4 Left step forward, hold 左足前踏, 候

5-6 Right rock/step forward, left recover/step back  
右足前下沉, 左足後踏

7-8 Right step back, hold 右足後踏, 候

## 第四段 BACK, HOLD, TURN, HOLD, SIDE, ACROSS, SIDE, HOLD 後, 候, 轉, 候, 側, 交叉, 側, 候

1-2 Left step back, hold 左足後踏, 候

3-4 Execute ¼ turn left with right step, hold (9:00)  
左轉90度右足踏, 候(面向9點鐘)

5-6 Left step to side left, right step across front of left  
左足左踏, 右足於左足前交叉踏

7-8 Left step to side left, hold 左足左踏, 候

## 第五段 TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD 點, 候, 側, 候, 點, 候, 側, 候

On right touch: both arms draw circle to the right to 'point' hands across front of left and look left 右足趾點時：雙手向  
右畫圓, 指向左方看左邊

On left touch: both arms draw a circle to the left to 'point' hands across front of right and look right 左足趾點時：雙手向  
左畫圓, 指向右方看右邊

1-2 Right toe/touch across and behind left, hold  
右足趾於左足後點, 候

3-4 Right step to side right, hold 右足右踏, 候

5-6 Left toe/touch across front of right, hold  
左足趾於右足前點, 候

7-8 Left step to side left, hold 左足左踏, 候

**第六段 TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD**  
**點, 候, 側, 候, 點, 候, 側, 候**

On right touch: both arms draw circle to the right to 'point' hands across front of left and look left 右足趾點時：雙手向  
右畫圓, 指向左方看左邊

On left touch: both arms draw a circle to the left to 'point' hands across front of right and look right 左足趾點時：雙手向  
左畫圓, 指向右方看右邊

1-2 Right toe/touch across and behind left, hold  
右足趾於左足後點, 候

3-4 Right step to side right, hold 右足右踏, 候

5-6 Left toe/touch across front of right, hold  
左足趾於右足前點, 候

7-8 Left step to side left, hold 左足左踏, 候

**第七段 ACROSS, HOLD, BACK, HOLD, TURN, HOLD, FORWARD, HOLD (SLOW JAZZ BOX)**  
**交叉, 候, 後, 候, 轉, 候, 前, 候**

1-2 Right step across front of left, hold  
右足於左足前交叉踏, 候

3-4 Left step back, hold 左足後踏, 候

5-6 Execute ¼ turn right with right step, hold (12:00)  
右轉90度右足踏, 候

7-8 Left step forward, hold 左足前踏, 候

**第八段 ACROSS, BACK, TURN, (QUICK JAZZ BOX), HOLD, FORWARD HOLD, TOUCH, HOLD**  
**交叉, 後, 轉, 候, 前候, 點, 候**

1-2 Right step across front of left, left step back  
右足於左足前交叉踏, 左足後踏

3-4 Execute ¼ turn right with right step, hold (3:00)  
右轉90度右足踏, 候(面向3點鐘樓)

5-6 Left step forward, hold 左足前踏, 候

7-8 Right touch beside left, hold 右足併點, 候

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