

# Meet Me Halfway (互相配合) (zh)

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Shaz Walton (UK) - 2009年12月  
音樂: Meet Me Halfway (UK Single Edit) - Black Eyed Peas : (3:46)



前奏: Start on ...'Cool' 唱到'Cool'時開始起跳

- 第一段**      **Cross. Side rock. Recover. Together. Cross Rock. Recover. Cross rock. Hitch.** 交叉, 側下沉 回復, 併, 交叉下沉 回復, 交叉下沉 抬
- 1-2      Cross step right over left. Rock left to left.  
右足於左足前交叉踏, 左足左下沉
- 3-4      Recover on right. Step left beside right. 右足回復, 左足併踏
- 5-6      Cross rock right over left. Recover on left.  
右足於左足前交叉下沉, 左足回復
- 7-8      Cross rock right over left. Hitch left knee. (Use Hips on counts 5-6-7) 右足於左足前交叉下沉, 左膝抬(5-7拍擺動臀部)
- 第二段**      **Step. Hitch. ¼ hitch. Step. Together. Cross. ¼. ½**  
**踏, 抬, 抬轉1/4, 踏, 併, 交叉, 1/4 1/2**
- 1-2      Step left forward. Hitch right knee. 左足前踏, 右足抬
- 3-4      Make ¼ right as you hitch right again. Step right to right.  
右足抬右轉90度, 右足右踏
- 5-6      Step left beside right. Cross step right over left.  
左足併踏, 右足於左足前交叉踏
- 7-8      Make ¼ right stepping back left. Make ½ right stepping right forward.  
右轉90度左足後踏, 右轉180度右足前踏
- 第三段**      **Side. Drag. Ball. Cross. Side. Heel ¼. Hold. Ball forward. ¾ spiral.**  
**側, 拖, 併, 交叉, 側, 1/4踵, 候, 併前踏, 3/4**
- 1-2      Step left big step left. Drag right to left.  
左足左一大步, 右足拖併
- 8&3-4      Step right beside left. Cross left over right. Step right to right side. 右足併踏, 左足於右足前交叉踏, 右足右踏
- 5-6      Make ¼ left bending right knee & digging left heel forward. HOLD  
左轉90度彎右膝左足踵前點, 候
- 8&7-8      Step left beside right. Step right forward. Make ¾ turn left on ball of right. 左足併踏, 右足前踏, 左轉270度右足踏
- 第四段**      **Dip. Recover. ½. Cross. Unwind ½ . Cross. Touch. Sit.**  
**蹲 回復, 1/2 交叉, 繞1/2, 交叉, 點 坐**
- 1-2      Step left to left as you bend both knees. Straighten up as you make ½ left on ball of right. 左足左踏彎雙膝, 左轉180度站立重心在右足
- 3-4      Step left to left. Cross right over left.  
左足左踏, 右足於左足前交叉踏
- 5-6      Unwind ½ turn left. Cross right over left.  
左繞轉180度, 右足於左足前交叉踏
- 7-8      Touch Left to left. Sit over left hip. (weight left)  
左足左點, 左坐姿(重心在左足)

**第五段 Touch. Side/dip. ¼ touch. Side. ¼ touch. ¼ back. Together.**  
**點踏, 90點踏, 90點踏, 90後後併**

- 1-2 Touch right beside left. Step/dip right to right side.  
右足併點, 右足右蹲踏
- 3-4 Make a ¼ left touching left beside right. Step/dip left to left side.  
左轉90度左足併點, 左足左蹲踏
- 5-6 Touch right beside left making a ¼ left. Step right to right.  
左轉90度右足併點, 右足右踏
- 7-8 Make ¼ left Stepping back left. Step back right.  
左轉90度左足後踏, 右足後併踏

**第六段 Forward. Touch. Ball step. Touch. Back. Back. Out. Out. Slide up.**  
**踏, 點, 併踏, 點, 後, 後, 外, 外, 滑併**

- 1-2 Take a big step forward left. Touch right beside left.  
左足前一大步, 右足併點
- &3-4 Step slightly back with right. Step forward left. Touch right beside left. 右足略後踏, 左足前踏, 右足併點
- 5-6 Step back right. Step back left. 右足後踏, 左足後踏
- &7-8 Step right to right. Step left to left. (Bend knees on counts &7) With weight evenly placed, slide both feet together to resume standing position 右足右踏, 左足左踏(彎雙膝), 雙足滑併站立

**第七段 Side. Hold. Extended shuffle. Cross. Full turn. Side. Behind. Side. Cross. 側, 候, 延伸交換步, 交叉, 轉圈, 側, 後, 側, 交叉**

- 1-2 Step right to right. HOLD 右足右踏, 候
- &3&4 Step left beside right. Step right to right side. Step left beside right. Step right to right side. (HIPS!!)  
左足併踏, 右足右踏, 左足併踏, 右足右踏(推臀)
- 5-6 Cross left over right. Unwind a full turn right. (weight right)  
左足於右足前交叉踏, 右繞轉圈(重心在右足)
- 7 Step left to left side. 左足左踏
- 8&1 Cross right behind left. Step left to left. Cross right over left.  
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

**第八段 Hold. Side cross. ¼. Rock. Recover. ¾. Walk x2.**  
**候, 側交叉 1/4, 下沉回復, 3/4 走走**

- 2 Hold. 候
- &3-4 Step left to left side. Cross right over left. Step forward ¼ left.  
左足左踏, 右足於左足前交叉踏, 左轉90度左足前踏
- 5-6 Rock right forward. Recover on left. 右足前下沉, 左足回復
- 7-8 Make ¾ turn right stepping right forward. Step left beside right.  
右轉270度右足前踏, 左足併踏
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