

# It's Over (是該結束了) (zh)

COPPER KNOB  
BY SHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Chris Cleevly (UK) - 2010年07月  
音樂: It's Over - Alexandra Burke



前奏: Intro: 16 counts 16拍後起跳

- 第一段**      **Walk Forward Right, Left; Rock Forward, Recover, Step Forward; Walk Forward Left, Right; Rock Forward, Recover, Step Back**  
走走, 下沉 回復 前踏, 走走, 下沉 回復 後
- 1-2      Walk forward right, walk forward left  
右足前走, 左足前走
- 3&4      Rock forward right, recover weight left, step forward right  
右足前下沉, 左足回復, 右足前踏
- 5-6      Walk forward left, walk forward right  
左足前走, 右足前走
- 7&8      Rock forward on left, recover weight on right, step back on left  
左足前下沉, 右足回復, 左足後踏
- 第二段**      **Step Back Right, ½ Turn Over Left Shoulder; Right Forward Shuffle; Step ¼ Turn Right; Cross & Step Forward**  
後, 1/2, 前交換, 踏 右1/4, 交叉 右踏 前踏
- 9-10      Step back on right, make ½ turn over left shoulder stepping forward on left (6.00 o'clock) 右足後踏, 左轉180度左足前踏(面向6點鐘)
- 11&12      Shuffle forward right, stepping right/left/right  
右足前交換-右, 左, 右
- 13-14      Step forward on left and pivot ¼ turn right (weight on right) (9.00 o'clock) 左足前踏, 右軸轉90度(重心在右足)(面向9點鐘)
- 15&16      Cross left over right, step right to right side, step forward on left  
左足於右足前交叉踏, 右足右踏, 左足前踏
- 第三段**      **Modified Kick Ball Change x2; Step, Point; Rock, Recover, ¼ Turn Left**  
修正踢 併 踏 共二次, 前踏, 左點, 下沉 回復, 左1/4
- 17&18      Kick right forward, step back on ball of right (bending knees), step on left 右足前踢, 右足後踏(彎膝), 左足踏
- 19&20      Kick right forward, step back on ball of right (bending knees), step on left 右足前踢, 右足後踏(彎膝), 左足踏
- 21-22      Step forward on right, point left toe to left side  
右足前踏, 左足趾左點
- 23&24      Rock forward on left, recover weight on right, make ¼ turn left stepping forward on left (6.00 o'clock)  
左足前下沉, 右足回復, 左轉90度左足前踏(面向6點鐘)
- 第四段**      **Step ½ Turn Left; Left ¼ Rock & Cross; Rock Left, Recover; Left Coaster Step (Or Full Turn Left)**  
踏 轉, 左1/4右下沉 回復 交叉, 左下沉 回復, 海岸步(或轉圈)
- 25-26      Step forward on right, pivot ½ turn left (weight on left) (12.00 o'clock) 右足前踏, 左軸轉180度(重心在左足)(面向12點鐘)
- 27&28      Making ¼ turn left, rock right to right side, recover left & cross right over left (9.00 o'clock)  
左轉90度右足右下沉, 左足回復, 右足於左足前交叉踏(面向9點鐘)

29-30 Rock left to left side, recover weight on right  
左足左下沉, 右足回復

31&32 Step back on left, step right beside left, step forward on left (or full turn left) 左足後踏, 右足併踏,  
左足前踏(進階版: 左轉圈)

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