

I Hate Your Boyfriend (我不是你男友) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Rep Ghazali (SCO) - 2010年08月
音樂: Boyfriend - Lou Bega



前奏: 16 count intro 16拍後起跳

第一段 Side Toe Strut, Cross Toe Strut, Side Rock-Recover-Cross, ¼ Turn-¼ Turn, Side Rock-Recover-Cross
趾踵踏, 交叉趾踵踏, 曼波交叉, 1/4 1/4, 曼波交叉

- 1&2& Right toe strut to Right side, Left toe strut across Right (12)
右足趾右點, 右足踵踏, 左足趾於右足前交叉點, 左足踵踏(面向12點鐘)
- 3&4 rock Right to Right side, recover on Left, cross Right over Left
右足右下沉, 左足回復, 右足於左足前交叉踏
- 5-6 ¼ turn Right by stepping back Left, ¼ turn Right by stepping Right to Right side (6) 右轉90度左足後踏, 右轉90度右足右踏(面向6點鐘)
- 7&8 rock Left to Left side, recover on Right, cross Left over Right (6)
左足左下沉, 右足回復, 左足於右足前交叉踏(面向6點鐘)

第二段 Side-Cross-Side, Cross Rock-Recover-¼ Turn, Right Forward Mambo, Left Back Mambo 右-交叉-右, 交叉曼波
轉1/4, 前曼波, 後曼波

- 1&2 step Right to Right side, cross Left over Right, step Right to Right side (6) 右足右踏, 左足於右足前交叉踏, 右足右踏(面向6點鐘)
- 3&4 rock Left across Right, recover on Right, ¼ turn Left stepping forward Left (3)
左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏(面向3點鐘)
- 5&6 rock forward Right, recover on Left, step back Right
右足前下沉, 左足回復, 右足後踏
- 7&8 rock back Left, recover on Right, step forward Left (3)
左足後下沉, 右足回復, 左足前踏

RESTARTS for Lou Bega track: 3rd and 6th wall dance up to count 16 and restart
第三面牆及第六面牆跳至此, 從頭起跳

第三段 Step-½ Turn-¼ Turn, Behind-Side-Cross, Knee Rolls, Syncopated ¼ Turn Jazz Box 踏-轉-1/4, 後-旁-前, 右膝轉-左膝轉, 變奏1/4爵士方塊

- 1&2 step forward Right, ½ pivot turn Left, ¼ turn Left stepping Right to Right side (6)
右足前踏, 左軸轉180度, 左轉90度右足右踏(面向6點鐘)
- Optional styling on count 18: as you step Right to Right side lean back and touch Left heel diagonally forward Left
第2拍右足右踏時, 身體向後傾, 左足踵斜前點
- 3&4 step Left behind Right, step Right to Right side, cross Left over Right 左足於右足後踏, 右足右踏, 左足於右足前交叉踏
- 5-6 step Right forward slightly to Right and rolling Right knee out, step Left forward slightly to Left and rolling Left knee out
右足略前踏右膝向外轉, 左足略前踏左膝向外轉
- 7&8& cross Right over Left, ¼ turn Right stepping back Left, step Right to Right side, cross Left over Right (9)
右足於左足前交叉踏, 右轉90度左足後踏, 右足右踏, 左足於右足前交叉踏(面向9點鐘)

第四段 Side-Behind, Side-Behind-Side, ¾ Turn, ¼ Turn Sailor Cross
右後, 右後-右, 1/4 1/2, 1/4轉水手

- 1-2 step Right to Right side, step Left behind Right (9)
右足右踏, 左足於右足後踏(面向9點鐘)
- Optional styling: step Right to Right side and Right shoulder down, step Left behind Right and Left shoulder down
右足右踏時右肩放低, 左足於右足後踏時左肩放低
- 3&4 step Right to Right side, step Left behind Right, step Right to Right side 右足右踏, 左足於右足後踏, 右足右踏

- Optional styling: step Right to Right side and Right shoulder down, step Left behind Right and Left shoulder down, step Right to Right side and Right shoulder down
右足右踏時右肩放低, 左足於右足後踏時左肩放低, 右足右踏右肩低
- 5-6 ¼ turn Left stepping forward Left, ½ turn Left stepping back Right (12) 左轉90度左足前踏, 左轉180度右足後踏
- 7&8 ¼ turn Left sweep Left from front to back and step Left behind Right, step Right to Right side, cross Left over Right (9)
左轉90度左足由前繞至右足後交叉踏, 右足右踏, 左足於右足前交叉踏
-