

Cheeky Cha (羞羞臉恰恰) (zh)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Kate Sala (UK) & Robbie McGowan Hickie (UK) - 2008年06月
音樂: Let the Games Begin - DJ Bobo : (CD: Ole Ole - The Party)



前奏: 8 Count Intro 8拍後開始起跳

- 第一段** **Touch Forward. Touch Across. Right Kick-Ball-Point. & Point. Cross Rock. Chasse 1/4 Turn Right.**
前點, 交叉點, 右踢交換點, &點, 交叉下沉, 右轉1/4追步
- 1 – 2 Touch Right toe Diagonally forward Right. Touch Right toe Across and to the outside of Left foot.
右足趾右斜角線前點, 右足趾於左足前交叉點
- 3&4 Kick Right forward. Step ball of Right beside Left. Point Left toe out to Left side. 右足前踢, 右足併踏, 左足趾左點
- 8&5 Step Left beside Right. Point Right toe out to Right side.
左足併踏, 右足趾右點
- 6 – 7 Cross rock Right over Left. Rock back on Left.
右足於左足前交叉下沉, 左足後下沉
- 8&1 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.
右足右踏, 左足併踏, 右轉90度右足前踏
- 第二段** **Step Forward. 1/2 Turn Right. Right Coaster Step. Step. Lock. Left Lock Step Forward. 前踏, 右轉1/2, 右海岸步, 踏, 鎖, 左前鎖步**
- 2 – 3 Step forward on Left. Make 1/2 turn Right – Keeping weight on Left. (Facing 9 o'clock) 左足前踏, 右轉180度重心在左足(面向9點鐘)
- 4&5 Step back on Right. Step Left beside Right. Step forward on Right.
右足後踏, 左足併踏, 右足前踏
- 6 – 7 Step forward on Left. Lock step Right behind Left.
左足前踏, 右足於左足後鎖踏
- 8&1 Step forward on Left. Lock step Right behind Left. Step forward on Left. 左足前踏, 右足於左足後鎖踏, 左足前踏
- 第三段** **Syncopated Hip Bumps. Right Sailor 1/4 Turn Right. Full Turn Right. Left Cross Mambo. 變奏推臀, 右轉1/4水手, 右轉圈, 左交叉曼波**
- 2&3 Touch Right toe forward – bumping Hips forward. Bump back. Bump forward. (Weight on Left)
右足趾前點-前推臀, 後推臀, 前推臀(重心在左足)
- 4& Sweep/Cross Right behind Left. Step Left beside Right.
右足繞至左足後交叉踏, 左足併踏
- 5 Make 1/4 turn Right stepping Right to Right side – Right toe turned out, preparing for Full Turn Right.
右轉90度右足右踏(右足趾向外, 準備下一步轉圈動作)
- 6 – 7 Make 1/2 turn Right stepping Left to Left side. Make 1/2 turn Right stepping Right to Right side.
右轉180度左足左踏, 右轉180度右足右踏
Easier option: Cross step Left over Right. Step Right to Right side
簡易版:左足於右足前交踏, 右足右踏
- 8&1 Cross rock Left over Right. Rock back on Right. Long step Left to Left side. (Facing 12 o'clock)
左足於右足前交叉下沉, 右足後下沉, 左足左一大步(面向12點鐘)
- 第四段** **Cross. Unwind 3/4 Turn Left. Left Coaster Step. Walk Forward Right – Left. Dip Down & Up. 交叉, 左繞轉3/4, 左海岸步, 右前走-左, 蹲 & 起**

- 2 – 3 Cross Right over Left. Unwind 3/4 turn Left. (Weight on Right) (Facing 3 o'clock)
右足於左足前交叉踏, 左繞轉270度(重心在右足)(面向3點鐘)
- 4&5 Step back on Left. Step Right beside Left. Step Forward on Left.
左足後踏, 右足併踏, 左足前踏
- 6 Walk forward on Right – Extend both arms up, Palms facing forward – Sway hands to the Right side.
右足前走-向上展開雙手, 手掌向前-雙手向右擺
- 7 Walk forward on Left – Sway hands to the Left side.
左足前走-雙手向左擺
- 8& Bend knees and Dip down. Stand upright. (Weight on Left) (Facing 3 o'clock) 彎膝蹲下, 站起來(重心在左足)(面向3點鐘)
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