

Higher Ground (zh)

COPPER KNOB
BY STEPHEN T. S.

拍數: 32 牆數: 4 級數: Beginner
編舞者: Irene Deng (TW) - 2015年09月
音樂: Higher Ground (feat. Michael Marshall) - Shiny Objects



Intro : 32 Count ,Drumbeat start counting (Approx. 18 Seconds Into Track) 3:10 iTunes 116 bpm

SECTION 1 [1 - 8]:STEP,HITCH ,SIDE,HIPSWAY,ROCK,RECOVER,SIDE, WEAVE

1 - 2 Step Rf forward(1),Hitch Lf (2)
3 & 4 Step Lf to left side and do the hip sway(LRL)
5 & 6 Rock Rf behind Lf (5),Recover on Lf(&),Step Rf to right(6)
7 & 8 Cross Lf behind Rf(7),Step Rf to right(&),Cross Lf over Rf(8)(12:00)
1 - 2 右足前踏 (1) , 左足抬膝 (2)
3 & 4 左足左踏並推臀左 右 左
5 & 6 右足下沉左足後 (5) , 重心回左足(&), 右足右側踏(6)
7 & 8 左足交叉右足後(7) , 右足右踏(&) , 左足交叉右足前(8)(12:00)

SECTION 2 [9-16] : ROCK, RECOVER,KICKBALL CHANGE,CROSS,1/4TURN LEFT,COASTER

1 - 2 Rock Rf to right (1) , Recover on Lf (2)
3&4& Cross Rf over Lf (3) , Step Lf to left (&), point R heel diagonal forward(1:30) (4),Step Rf in place(&)
5 - 6 Cross Lf over Rf (5) , 1/4 turn left step Rf forward (6)(9:00)
7 & 8 Step Lf back (7) , Step Rf beside Lf (&), Step Lf forward (9:00)
1 - 2 右足右下沉(1) , 重心回左足(2)
3&4& 右足交叉左足前(3) , 左足左踏 (&) , 右足腫斜前點 (4) , 右足恢復原地(&)
5 - 6 左足交叉右足前(5) , 左轉90 右足前踏(6)(9:00)
7 & 8 左足退(7) , 右足回併左足旁(&) , 左足前踏(9:00)

SECTION 3 [17 - 24]: SKATE RF , SKATE LF, COASTER,LOCK STEP, PIVOT,HALF TRUNT LEFT

1- 2 Skate Rf to right out (1) , Skate Lf to left out (2)
3 & 4 Step Rf back (7) , Step Lf beside Rf (&) , Step Rf forward (9:00)
5 & 6 step Lf forward (5),Lock step Rf behind Lf(&) , Step Lf forward(6)
7 - 8 Pivot Rf 1/2 turn left (7) , Step Lf forward(8)
1 - 2 右足右外滑步 (1) , 左足左外滑步(2)
3 & 4 右足退(7) , 左足回併右足旁(&) , 右足前踏
5 & 6 左足前踏(5) , 右足鎖踏左足後(6) , 左足前踏
7 - 8 右足前踏左轉1/2 (7)(3:00) , 左足前踏(8)

SECTION 4 [25 - 32]: WALK*3,TOGETHER,BACK,BACK*2,COASTER

1 - 2 Walk forward (R L)(1. 2) (3:00)
3 & 4 Step Rf forward(3) , Step Lf beside Rf(&) , Step Rf back(4)
5 - 6 Walk back (L R)(5.6)
7 & 8 Step Lf back (7) , Step Rf beside Lf (&) , Step Lf forward (9:00)
1 - 2 向前走兩步(右足、左足)
3 & 4 右足前踏(3) , 左足前併右足旁(&) , 右足退(4)
5 - 6 後退兩步(左足、右足)(5) (6)
7 & 8 左足退(7) , 右足回併左足旁(&) , 左足前踏(8)(9:00)

Proposal : Hand movements refer to the demo

Have fun!!! Happy Dance

Contact – Irene Deng - E-mail: yuanmei40681@gmail.com
