

Better In Time (我會更好) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Terry Pournelle (USA) - 2008年00月
音樂: Better In Time - Leona Lewis



前奏 : 32 count intro 32拍後起跳

- 第一段** Step Side, Rock, Recover, Step Forward & 1/2 Turn, Step Forward, Step Together, Step Side, Rock Recover, Step, Step Right, Step Left, Turn ¼ Turn Step Right
側踏, 下沉回復, 踏轉1/2, 前踏, 併踏, 側踏, 下沉回復, 踏, 右踏, 左踏, 轉1/4右踏
- 1 2& Step right to right side, rock left back, recover on right
右足右踏, 左足後下沉, 右足回復
- 3 Step left forward and turn ½ turn (6:00)
左足前踏轉180度(面向6點鐘)
- 4&5 Step right forward, step left beside right, step right out to right side 右足前踏, 左足併踏, 右足右踏
- 6&7 Rock left back, recover on right, step on left
左足後下沉, 右足回復, 左足踏
- 8&1 Step right to right, step left beside right, turning ¼ turn step right (9:00) 右足右踏, 左足併踏, 右轉90度右足踏(面向9點鐘)
- 第二段** Step Left & Tur N 1/2 Turn, Step Right, Rock, Recover, Step, Sway, Sway, Step, Step, Step Side
左踏轉1/2, 右踏, 下沉回復, 踏擺臀, 擺臀, 踏, 踏, 側踏
- 2&3 Step left while making ½ turn, step right, step left (3:00)
左足踏轉180度, 右足踏, 左足踏(面向3點鐘)
- 4&5 Rock forward on right, recover on left, step right beside left
右足前下沉, 左足回復, 右足併踏
- 6 7 Step left slightly out to left and sway hips left and right
左足略向左踏左擺臀, 右擺臀
- 8&1 Step left to left, step right beside left, step left out to left side
左足左踏, 右足併踏, 左足左踏
- 第三段** Rock, Recover, Step Side, Sailor 1/4 Turn Right, Behind, Step, Step, Sway 下沉回復, 側踏, 右轉水手步, 後, 踏, 踏, 擺臀
- 2&3 Rock right back, recover on left, step right to right side
右足後下沉, 左足回復, 右足右踏
- 4&5 Step left behind right, making a ¼ turn right step right, step left beside right (6:00)
(轉水手)左足於右足後踏, 右轉90度右足踏, 左足併踏(面向6點鐘)
- 6&7 Step right behind left, step left in place, step right beside left
右足於左足後踏, 左足踏, 右足併踏
- 8 Step left slightly out to left and sway hips left
左足略向左踏左擺臀
- 第四段** Sway, Step Lock Step Back, Sweep, Sweep, Sweep, Step, Together, Step Forward 擺臀, 後鎖步, 繞, 繞, 繞, 前交換
- 1 Step right slightly out to right and sway hips right
右足略向右踏右擺臀
- 2&3 Step left back, lock right over left, step left back
(後鎖步)左足後踏, 右足於左足前鎖步, 左足後踏
- 4 Sweep right out to right side and around behind placing weight on right 右足繞至後重心在右足

- 5 Sweep left out to left side and around behind placing weight on left
左足繞至後重心在左足
- 6 Sweep right out to right side and around behind placing weight on right 右足繞至後重心在右足
- 7&8 Step left forward, step right beside left, step left forward
(前交換)左足前踏, 右足併踏, 左足前踏
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