

Box It Up! (不能說的秘密) (zh)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Craig Bennett (UK) - 2010年09月
音樂: Box of Secrets - Zarif



第一段 Step, Touch, Behind Side Cross And Cross, Point, Behind ¼ Step 踏點, 後旁前旁前, 右點, 後 1/4 踏

- 1-2 Step forward onto right, Touch left toe in front of right
右足前踏, 左足趾於右足前點
- 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
- 8&5-6 Step right to right side, Cross left over right, Touch right toe to right side 右足右踏, 左足於右足前交叉踏,
右足趾右點
- 7&8 Step right behind left, Step forward on to left making ¼ turn left, Step forward onto right 右足於左足後踏,
左轉90度左足前踏, 右足前踏

第二段 Step 1/2, Step 3/4, Touch And Touch, Touch Coaster Step 踏轉, 踏 1/2 1/4, 點踏點踏點, 海岸步

- 1-2 Step forward onto left, Make ½ turn right
左足前踏, 右轉180度
- 3&4 Step forward onto left, make ½ turn left stepping back onto right, Make ¼ turn left stepping left to left
side
左足前踏, 左轉180度右足後踏, 左轉90度左足左踏
- 5&6&7 Touch right next to left, Step right to right side, touch left next to right, Step left to left side, touch right
next to left
右足併點, 右足右踏, 左足併點, 左足左踏, 右足併點
- 8&8 Step back onto right, Close left next to right, Step forward onto right 右足後踏, 左足併踏, 右足前踏

第三段 Jazz Box, Knee Pop, Bump And Bump, Kick And Cross 爵士方塊, 膝彈, 推臀, 踢 併 交叉

- 1-2 Cross left over right, step back onto right
左足於右足前交叉踏, 右足後踏
- 3-4 Step left to left side, Pop right knee in towards left
左足左踏, 右膝彈併左足

Wall 1 after count 20 (jazz box) 第四面牆跳至此, 從頭起跳

Wall 4 after count 20 add a 2nd jazz box then restart
第四面牆跳至此, 加跳爵士方塊, 從頭起跳

- 5&6& Bump right hip to right, Back to left, Bump hip to right, Back to left 右足右推臀, 後推臀, 右推臀, 後推臀
- 7&8 Kick right to right side, Step right to right side, Cross left over right
右足右踢, 右足右踏, 左足於右足前交叉踏

第四段 Rock Recover, Behind ¼ Step, Rock Recover, Behind ½ Step 右下沉 回復, 後 1/4 踏, 下沉 回復, 後 轉 踏

- 1-2 Rock right to right side, recover onto left
右足右下沉, 左足回復
- 3&4 Step right behind, Make ¼ turn left stepping forward onto left, Step forward onto right 右足後踏, 左轉90
度左足前踏, 右足前踏
- 5-6 Rock forward onto left, Recover back onto right
左足前下沉, 右足回復

7&8

Step back onto left, Make $\frac{1}{2}$ turn right stepping forward onto right, step forward onto left 左足後踏, 右
轉180度右足前踏, 左足前踏
