

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
