

Euro Mess! (歐洲瞎妹) (zh)

COPPER KNOB
STEPSHETS

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Jo Kinser (UK), Daniel Trepát (NL) & Niels Poulsen (DK) - 2010年10月
音樂: Hot Mess (DJ Cirkut Remix) - Cobra Starship : (Clean Edit)



前奏: Start on word PRO 'You were a problem child'

A section A部分 48拍

- 第一段** **R kick & point & point hitch point, R sailor step, behind side cross**
右踢併點收點抬點, 右水手, 後旁前
- 1&2& Kick R fw (1), step R next to L (&), point L to L side (2), step L next to R (&) 12:00 右足前踢, 右足併踏, 左足左點, 左足併踏(面向12點鐘)
- 3&4 Point R to R side (3), hitch R slightly over L knee (&), point R to R side (4) 12:00 右足右點, 右膝於左膝前抬, 右足右點(面向12點鐘)
- 5&6 Cross R behind L (5), step L to L side (&), step R to R side (6) 12:00 右足於左足後交叉踏, 左足左踏, 右足右踏(面向12點鐘)
- 7&8 Cross L behind R (7), step R to R side (&), cross L over R (8) 12:00 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏(面向12點鐘)
- 第二段** **R scissor step, hold, ball cross, side L, cross point, side R, cross point** 剪刀步, 候, 左交叉, 左, 交叉點, 右, 交叉點
- 1&2 Step R to R side (1), step L next to R (&), cross R over L (2) 12:00 右足右踏, 左足併踏, 右足於左足前交叉踏(面向12點鐘)
- 3&4 Hold (3), step L a small step to L side (&), cross R over L (4) 12:00 候, 左足略左踏, 右足於左足前交叉踏(面向12點鐘)
- 5-6 Step L to L side (5), cross point R over L (6) 12:00 左足左踏, 右足於左足前交叉點(面向12點鐘)
- 7-8 Step R to R side (7), cross point L over R (8) 12:00 右足右踏, 左足於右足前交叉點(面向12點鐘)
- 第三段** **¼ L, step fw R with ½ L with sweep, hold, ball step, walk L R, hold, ball step 1/4, 踏轉繞, 候, 併踏, 走走, 候, 踏踏**
- 1-2 Turn ¼ L stepping fw on L (1), step fw on R turning ½ L starting to sweep L out to L side (2) 3:00 左轉90度左足前踏, 左轉180度右足前踏左足繞
- 3&4 Keep sweeping L (3), step down on ball of L foot (&), step fw on R (4) 3:00 左足繼續繞, 左足踏, 右足前踏(面向3點鐘)
- 5-6 Walk fw L (5), walk fw R (6) 3:00 左足前走, 右足前走(面向3點鐘)
- 7&8 Hold (7), step fw on ball of L (&), step fw on R (8) 3:00 候, 左足前踏, 右足前踏(面向3點鐘)
- 第四段** **Jazz ¼ L into a rolling vine, big side step L, hold/drag, & cross & cross**
交叉 1/4, 轉華倫帶左一大步拖併, 候拖併, 併交叉 併交叉
- 1-2 Cross L over R (1), turn ¼ L stepping back on R (2) 12:00 左足於右足前交叉踏, 左轉90度右足後踏(面向12點鐘)
- 3-4 Turn ¼ L stepping fw on L (3), turn ½ L stepping back on R (4) 3:00 左轉90度左足前踏, 左轉180度右足後踏(面向3點鐘)
- 5-6 Turn ¼ L stepping L a big step to L side (5), drag R towards L (6) 12:00 左轉90度左足左一大步, 右足拖併(面向12點鐘)
- &7&8 Step R next to L (&), cross L over R (7), step R a small step R (&), cross L over R (8) 12:00 右足併踏, 左足於右足前交叉踏, 右足略右踏, 左足於右足前交叉踏(面向12點鐘)

- 第五段** L ½ turn box, ½ shuffle turn, L coaster step, out R, out L
左1/2方塊, 轉交換, 海岸步, 轉膝大, 大
- 1 – 2 Turn ¼ L stepping back on R (1), turn ¼ L stepping fw on L (2) 6:00
左轉90度右足後踏, 左轉90度左足前踏(面向6點鐘)
- 3&4 Turn ¼ L stepping R to R side (3), cross lock L over R (&), turn ¼ L stepping back on R (4) 12:00
左轉90度右足右踏, 左足於右足前交叉鎖踏, 左轉90度右足後踏(12點鐘)
- 5&6 Step back on L (5), step R next to L (&), step fw on L (6) 12:00
左足後踏, 右足併踏, 左足前踏(面向12點鐘)
- 7 - 8 Roll R knees towards L knees and then step R out to R side (7), Repeat with L (8) 12:00 右膝轉向左膝
右足右踏, 左足重覆做(面向12點鐘)

- 第六段** Cross rock side X 2, R & L heel pops, hold, ball together
交叉曼波二次, 右踵轉, 左踵轉, 候, 併 併
- 1&2 Cross rock R over L (1), recover on L (&), step R to R side (2) 12:00
右足於左足前交叉下沉, 左足回復, 右足右踏(面向12點鐘)
- 3&4 Cross rock L over R (3), recover on R (&), step L to L side (4) 12:00
左足於右足交叉下沉, 右足回復, 左足左踏(面向12點鐘)
- 8&5&6 Swivel R heel to L (&), swivel R heel back to centre taking weight on R (5), repeat with L heel (&6) 12:00
右踵轉向左, 右足踵轉回重心在右足, 左足重覆做(面向12點鐘)
- 7&8 Hold (7), step R to centre (&), step L next to R (8) 12:00
候, 右足回踏, 左足併踏(面向12點鐘)

NOTE! After the 3rd A section you repeat counts 41-48 to stick to the phrasing of the music 跳至第三面牆時, 配合音樂節奏, A部份這一段動作重覆多做一次

B section B部份 32拍

- 第一段** Out R L, R chasse, out L R, chasse L
右大, 大, 右追步, 左大, 大, 左追步
- 1 – 2 Roll R knees towards L knees and then step R out to R side (1), Repeat with L (2) 12:00 右膝轉向左膝
右足右踏, 左足重覆做(面向12點鐘)
- 3&4 Step R to R side (3), step L next to R (&), step R to R side (4) 12:00
右足右踏, 左足併踏, 右足右踏(面向12點鐘)
- 5 – 6 Roll L knees towards R knees and then step L out to L side (5), Repeat with R (6) 12:00 左膝轉向右膝
左足左踏, 右足重覆做(面向12點鐘)
- 7&8 Step L to L side (7), step R next to L (&), step L to L side (8) 12:00
左足左踏, 右足併踏, 左足左踏(面向12點鐘)

- 第二段** Jazz box ¼ L X 2 爵士方塊帶左1/4二次
- 1 - 2 Cross R over L (1), turn ¼ R stepping back on L (2) 3:00
右足於左足前交叉踏, 右轉90度左足後踏(面向3點鐘)
- 3 - 4 Step R to R side (3), step L a small step fw (4) 3:00
右足右踏, 左足略前踏(面向3點鐘)
- 5 – 6 Cross R over L (5), turn ¼ R stepping back on L (6) 6:00
右足於左足前交叉踏, 右轉90度左足後踏(面向6點鐘)
- 7 – 8 Step R to R side (7), step L a small step fw (8) 6:00
右足右踏, 左足略前踏(面向6點鐘)

- 第三段** Hip bump R then L, walk R L, point ¼ L with hips
右推臀, 左推臀, 走走, 左1/4點帶推臀
- 1&2 Step R to R side bumping hips to R, recover on L, bump hips to R side again 6:00 右足右踏右推臀, 左足回復, 右推臀(面向6點鐘)
- 3&4 Step L to L side bumping hips to L, recover on R, bump hips to L side again 6:00 左足左踏左推臀, 右足回復, 左推臀(面向6點鐘)

5 – 6 Walk fw on R (5), walk fw on L (6) 6:00
右足前走, 左足前走(面向6點鐘)

7&8 Turn ¼ L pointing R to R side and bumping hips to R side (7), recover L (&), bumps hips R (8) 3:00
左轉90度右足右點右推臀, 左足回復, 右推臀(面向3點鐘)

OPTION On counts 1-4: SHAKE AS MUCH AS POSSIBLE 1-4拍儘可能以shake的方式舞動

第四段 ¼ point with hips, walk R L, Out out in in
1/4點帶推臀, 走走, 大大小小

1&2 Turn ¼ L bumping hips fw (1), recover on R (&), bump hips fw again and taking weight on L (2) 12:00
左轉90度前推臀, 右足回復, 前推臀重心在左足(面向12點鐘)

3 – 4 Walk fw on R (3), walk fw on L (4) 12:00
右足前走, 左足前走(面向12點鐘)

5 – 6 Step R out to R side (5), step L out to L side (6) 12:00
右足右踏, 左足左踏(面向12點鐘)

7 – 8 Step R to centre (7), step L to centre (8) 12:00
右足回踏, 左足併踏(面向12點鐘)

Ending During your last set of B you do up to count 16 (end of 2nd jazz box), now facing 6:00. To end facing 12:00 simply just turn ½ R pointing R foot fw and pointing R finger fw 12:00
結束時會在B部份的第二段(第二次爵士方塊), 此時會面向6點鐘, 加做右轉180度右足前點, 右手指指向前面12點鐘方向
