

Say Hey (說嗨) (zh)

COPPER KNOB
STYLEDANCE

拍數: 32 牆數: 4 級數: Improver
編舞者: Ingrid Kan (TW) - 2010年03月
音樂: Say Hey (I Love You) (feat. Cherine Anderson) - Michael Franti & Spearhead



前奏: Intro: 24 counts. Start dance with lyrics.

第一段 R&L Syncopated Cross Rock Steps, Shuffle Forward R&L 交叉曼波, 交叉曼波, 前交換, 前交換

- 1&2 Cross rock R over L, recover weight on L, step R side
右足於左足前交叉下沉, 左足回復, 右足右踏
- 3&4 Cross rock L over R, recover weight on R, step L side
左足於右足前交叉下沉, 右足回復, 左足左踏
- 5&6 Shuffle forward R-L-R Fwd. 前交換-右, 左, 右
- 7&8 Shuffle forward L-R-L Fwd. 前交換-左, 右, 左

第二段 Pivot 1/4 Turn Left, Shuffle, Pivot 1/2 Turn Right. Shuffle 踏轉1/4, 前交換, 踏轉, 前交換

- 1-2 Step forward on R foot; Pivot 1/4 turn left, taking weight on L
右足前踏, 左軸轉90度重心在左足
- 3&4 Shuffle forward R-L-R 前交換-右, 左, 右
- 5-6 Step forward on L foot; Pivot 1/2 turn right, taking weight on R,
左足前踏, 右軸轉180度重心在右足
- 7&8 Shuffle forward L-R-L 前交換-左, 右, 左

第三段 Jazz Turn R1/4 Touch, Hip Bump L-R 右1/4爵士方塊帶點, 左推臀, 右推臀

- 1-4 Step R foot cross L, L foot behind R; Make a 1/4 turn right stepping R,L touch 右足於左足前交叉踏, 左足於右足後踏, 右轉90度右足踏, 左足點
- 5&6 Keeping L toe on the floor bump hips to the left 2 times taking weight onto L foot on count 6. 左足趾點, 推臀2次最後重心在左足
- 7&8 bump hips to the right 2 times Keeping R toe on the floor
右足趾點, 右推臀2次

第四段 Pivot 1/2 Turn Left R Step, Pivot 1/2 Turn Right Step, Side Switches. Point. Clap. 踏轉踏, 踏轉踏, 點收點收, 點拍手

- 1& 2 Step forward on R foot; Pivot 1/2 turn left, taking weight on L, Step forward on R foot 右足前踏, 左軸轉180度重心在左足, 右足前踏
- 3& 4 Step forward on L foot; Pivot 1/2 turn right, taking weight on R, Step forward on L foot 左足前踏, 右軸轉180度重心在右足, 左足前踏
- 5&6& Point to right side, Step right next to left, point to left side, Step left next to right 右足右點, 右足併踏, 左足左點, 左足併踏

RESTART will happen in the 7rd rotation on count 29. (Face 12:00 only dance 28 counts)

第七面牆跳至此時面向12點鐘, 右足右點後從頭起跳

- 7-8 Point to right side, CLAP 右足右點, 拍手