

Shattered (心煩意亂) (zh)

COPPER KNOB
BY REPOSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tom Clemons (USA) - 2008年12月
音樂: I'll Bust The Windows Out Your Car - Jazmine Sullivan



前奏: Start dancing on lyrics 唱歌起跳

- 第一段** Walk Back 3 X (Right, Left, Right), Back Cross Turn $\frac{1}{4}$ Right (3:00), Step Back Left, Back Rock Recover, Turn $\frac{1}{4}$ Left (12:00), Step Right To Side, Cross Left Over Right, Step Right To Side
後走步三次-右, 左, 右, 後交叉右轉 $\frac{1}{4}$, 左後, 後下沉回復, 左 $\frac{1}{4}$, 右踏, 左交叉, 右踏
- 123 Walk back 3 times starting with right
走走走 後走三次-右, 左, 右
- 4&5 Step left back, cross right over left, turn $\frac{1}{4}$ left (3:00), step left back 左足後踏, 右足於左足前交叉踏,
後交叉 左轉90度左足後踏(面向3點鐘)
左90
- 67 Rock back to right, recover on left
後下沉回 右足後下沉, 左足回復
復
- 8&1 Turn $\frac{1}{4}$ left, step right to side, cross left over right, step right to side 左轉90度右足右踏, 左足於右
左90 交叉 足前交叉踏, 右足右踏
右
- 第二段** Step Left Together, Step Right Forward, Chase Turn Right (6:00), Side, Behind, Turn $\frac{1}{4}$ Right (9:00), Right Forward, Turn $\frac{1}{2}$ Right (3:00), Turn $\frac{1}{4}$ Right (6:00), Lunge Point Right
- 23 Step left together, step right forward
左併 右前 左足併踏, 右足前踏
- 4&5 Step right forward, turn $\frac{1}{2}$ right (6:00) step left forward
踏轉踏 右足前踏, 右轉180度, 左足前踏(面向6點鐘)
- 67 Step right to side, cross left behind right
右交叉 右足右踏, 左足於右足後交叉踏
- 8&1 Turn $\frac{1}{4}$ right (9:00) step forward right, turn $\frac{1}{2}$ right (3:00) step back to left, turn $\frac{1}{4}$ right (6:00),
90 180 lunge on left leg, point right to right side
90曲膝 右轉90度右足前踏(面向9點鐘), 右轉180度左足後踏(面向3點鐘), 右轉90度左足曲膝踏右足右點
- 第三段** Drag, Cross Right Over Left, Side, Behind, $\frac{1}{4}$ Turn (9:00) Forward, $\frac{1}{2}$ Pivot Left (3:00), Turn $\frac{1}{4}$ Left (6:00), Side Cross Side
- 23 Pull right in on count 2, cross right over left (put weight on right on count 3) 右足拖併, 右足於左足
拖併 交叉 前交叉踏(重心在右足)
- 4&5 Step left to side, cross right behind left, turn $\frac{1}{4}$ left (3:00) step left forward
踏交叉 左足左踏, 右足於左足後交叉踏, 左轉90度左足前踏(面向3點鐘)
90
- 67 Step right forward, pivot $\frac{1}{2}$ turn (place weight on left count 7), turn $\frac{1}{4}$ left (6:00)
踏轉90 右足前踏, 左轉180度重心在左足, 左轉90度(面向6點鐘)接續第8拍
- 8&1 Step right to side, cross left over right, step right to side
右交叉 右足右踏, 左足於右足前交叉踏, 右足右踏
右
- 第四段** Step Together, Step Right Forward, Chase Turn Right, Turn $\frac{1}{4}$ Left (9:00), Step Back Right, Turn $\frac{1}{4}$ Left (6:00) Step Left To Side, Right Forward Turn $\frac{1}{2}$ Right (12:00) Turn $\frac{1}{2}$ Right And Step Back Right (6:00)

- 23 Step left together, step right forward
左併右前 左足併踏, 右足前踏
- 4&5 Step left forward, turn $\frac{1}{2}$ right (12:00), shift weight to right, step left forward 左足前踏, 右轉180度
踏轉踏 重心在右足(面向12點鐘), 左足前踏
- 67 Turn $\frac{1}{4}$ left (9:00), step back to right, turn $\frac{1}{4}$ left (6:00), step left to side 左轉90度右足後踏(面向9
90 90 點鐘), 左轉90度左足左踏(面向6點鐘)
- 8&1 Step right forward, turn $\frac{1}{2}$ left (12:00), shift weight to left (on & count), turn $\frac{1}{2}$ left (6:00), stepping
踏轉轉 back to right
右足前踏, 左轉180度重心在左足(面向12點), 左轉180度右足後踏(面向6點鐘)
8&1 is like in a nightclub style. Count 1 is the first count of next wall 8&1類似Nightclub的舞步, 第1
拍接續第一段進入另一面牆
-