

Swingin' With The King (任憑擺動) (zh)

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Michael Barr (USA) & Michele Burton (USA) - 2009年12月
音樂: Let's Make a Baby King - Wynonna



前奏: 32 cts, start on vocals 32拍後唱歌起跳

第一段 Touch, Hold, Turn, Touch, Hold – Repeat 點候 1/4 點候, 重覆一次

- 1-2 Touch Right toe side right; Hold 右足趾右點, 候
& Step Right next to left as you make a ¼ turn right
右足併踏右轉90度
- 3-4 Touch Left toe side left; Hold 左足趾左點, 候
& Step Left next to right 左足併踏
- 5-6 Touch Right toe side right; Hold 右足趾右點, 候
& Step Right next to left as you make a ¼ turn right
右足併踏右轉90度
- 7-8 Touch Left toe side left; Hold 左足趾左點, 候

第二段 Modified Sailor Steps W/ Touch Side Right (These Are Not Syncopated) 左水手 右水手 左後 右點

- 1-2 Step Left foot behind right; Step Right foot side right
左足於右足後踏, 右足右踏
- 3-4 Step Left foot side left; Step Right foot behind left
左足左踏, 右足於左足後踏
- 5-6 Step Left foot side left; Step right foot side right
左足左踏, 右足右踏
- 7-8 Step Left foot behind right; Touch Right toe side right
左足於右足後踏, 右足趾右點

第三段 Forward, Hold, Forward, Together, Hold – Repeat 前, 候, 前併候, 重覆一次

- 1-2 Step Right foot forward on slight diagonal to the left (11 o'clock); Hold 右足略左斜前踏(面向11點鐘), 候
- &3-4 (&) Step Left foot forward; (3) Step Right foot next to left, squaring up on the front wall (4) Hold
(weight stays on Right foot)
左足前踏, 右足併踏(轉正面向前面牆), 候(重心在右足)
- 5-6 Step Left foot forward on slight diagonal to the right (1 o'clock); Hold 左足略右斜前踏(面向1點鐘), 候
- &7-8 (&) Step Right foot forward; (7) Step Left foot next to right, squaring up on the front wall (8) Hold
(weight stays on Left foot)
右足前踏, 左足併踏(轉正面向前面牆), 候(重心在左足)

第四段 Weave Left – Two Kick Ball Changes (Or A Break Hold – See Below) 左藤步, 兩次踢併踏(第三面牆, 以候拍舞動)

- 1-2 Step Right foot in front of left; Step Left foot side left
右足於左足前踏, 左足左踏
- 3-4 Step Right foot behind left; Step Left foot side left
右足於左足後踏, 左足左踏

- 5&6 (5) Kick Right foot forward (low to left diagonal); (&) Step slightly back on ball of Right foot, (6) Step Left foot in place (changing weight to left) 右足於左斜角前踢, 右足略後踏, 重心移至左足
- 7&8 (7) Kick Right foot forward (low to left diagonal); (&) Step slightly back on ball of Right foot, (8) Step Left foot in place (changing weight to left) 右足於左斜角前踢, 右足略後踏, 重心移至右足
- Note: Hitting the breaks!! In place of the Kick-Ball-Changes on walls 3, 5 - 8 you can do this: 第三面牆時, 配合音樂節奏, 5-8拍改成下列舞步
- 5-8 Touch Right toe forward; Hold; Hold; Hold (easy and you will look so cool!!!!) 右足趾前點, 候 候 候(擺個很酷的姿勢等候)
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