

Scooby Doo (史酷比) (zh)

COPPER KNOB
BY STEPHEN BRETZ

拍數: 64 牆數: 4 級數: Improver
編舞者: Robbie McGowan Hickie (UK) - 2009年06月
音樂: Do the Cha Cha Cha - Alex Swings Oscar Sings! : (CD: Heart 4 Sale)



前奏: 16 Count intro 16拍後起跳

第一段 Weave Left. Cross Rock. Side Step Right. Scuff.
藤步, 交叉下沉回復, 交叉曼波, 擦踢

1-4 Cross step Right over Left. Step Left to Left side. Cross Right behind Left. Step Left to Left side.
右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏, 左足左踏

5-8 Cross rock Right over left. Recover on Left. Step Right to Right side. Scuff Left forward across Right.
右足於左足前交叉下沉, 左足回復, 右足右踏, 左足於右足前擦踢

第二段 Weave Right. Cross Rock. 1/4 Turn Left. Scuff.
藤步, 交叉下沉回復, 左1/4, 擦踢

1-4 Cross step Left over Right. Step Right to Right side. Cross Left behind Right. Step Right to Right side.
左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏, 右足右踏

5-6 Cross rock Left over Right. Recover on Right.
左足於右足前交叉踏, 右足回復

7-8 Make 1/4 turn Left stepping forward on Left. Scuff Right forward. (Facing 9 o'clock) 左轉90度左足前踏, 右足前擦踢

第三段 Toe Struts Forward (Right & Left). Right Mambo Forward. Hold.
趾踵步(右, 左), 前曼波, 候

1-4 Step forward on Right toe. Drop Right heel to floor. Step forward on Left toe. Drop Left heel to floor.
右足趾前點, 右足踵踏, 左足趾前點, 左足踵踏

5-8 Rock forward on Right. Rock back on Left. Step Right Slightly back into Right Diagonal. Hold. 右足前下沉, 左足回復, 右足略併踏, 候

Option: Counts 1 - 4 above ... Right Toe Strut making 1/2 turn Left. Left Toe Strut making 1/2 turn Left. 左轉180度右趾踵, 左轉180度左趾踵

第四段 Heel Swivels x 4. Left Lock Step Back. Hold. 踵旋轉四次, 後鎖步, 候

1-4 Taking the weight on the Ball of each foot - Swivel Heels Left. Right. Left. Right. (Weight on Right)
重心在雙腳---足踵旋轉-左, 右, 左, 右(重心在右足)

5-8 Step back on Left. Lock step Right across Left. Step back on Left. Hold. 左足後踏, 右足於左足前鎖踏, 左足後踏, 候

第五段 Full Turn Right. Hold. Diagonal Cross Step. Hold. Side Rock.
右轉圈, 候, 斜角交叉, 右下沉回復

1-4 Make a Full turn Right on the spot stepping Right. Left. Right. Hold. 原地右轉圈-右, 左, 右, 候

5-6 Cross step Left Diagonally forward across Right. Hold.
左足斜角於右足前交叉踏, 候

7-8 Rock Right out to Right side. Recover weight on Left. (Facing 9 o'clock) 右足右下沉, 左足回復(面向9點鐘)

Option: Counts 1 - 4 above ... Right Coaster Step. Hold. 海岸步, 候

第六段 Behind. Side. Step Forward. Hold. Step. Pivot 1/2 Turn Right. Step Forward. Hold. 後旁前候, 踏轉踏候

1-4 Cross Right behind Left. Step Left to Left side. Step forward on Right. Hold. 右足於左足後交叉踏, 左足左踏, 右足前踏, 候

5-8 Step forward on Left. Pivot 1/2 turn Right. Step forward on Left. Hold. 左足前踏, 右軸轉180度, 左足前踏, 候

Note: When dancing to the music "Do The Cha Cha Cha" 2x Restarts are needed.....as below!!!!

RESTART: Wall 5: Dance to Count 48, then Restart the dance again from the Beginning (Facing 3 o'clock)

RESTART: Wall 8: Dance to Count 48, then Restart the dance again from the Beginning (Facing 12 o'clock)

以"Do The Cha Cha Cha"為背景音樂者需有二次從頭起跳

第五面牆(面向3點鐘)及第八面牆(面向12點鐘)跳至此從頭起跳

第七段 Hip Bump Right and Left. Side Step Right. Drag. Back Rock. Left Side Toe Strut. 右推臀, 左推臀, 右大步, 拖併, 後下沉回復, 左側趾踵

- 1-2 Step Right to Right side bumping hips Right. Bump hips Left. (Facing 3 o'clock) 右足右踏右推臀, 左推臀
- 3-4 Long step Right to Right side. Drag/Slide Left towards and beside Right. (Weight on Right) 右足右一大步, 左足拖併(重心在右足)
- 5-6 Rock back on Left. Rock forward on Right. 左足後下沉, 右足回復
- 7-8 Step Left toe to Left side. Drop Left heel to floor.
左足趾左點, 左足踵踏

第八段 Right Sailor 1/2 Turn Right. Hitch. Left Lock Step Forward. Scuff. 右水手轉1/2, 抬, 前鎖踏, 擦踢

- 1-2 Cross/Sweep Right behind Left making 1/2 turn Right. Step Left beside Right. 右足於左足後交叉右繞180度, 左足於右足後踏
- 3-4 Step forward on Right. Hitch Left knee up. (Facing 9 o'clock) 右足前踏, 左膝抬(面向9點鐘)
- 5-8 Step forward on Left. Lock step Right behind Left. Step forward on Left. Scuff Right Slightly forward.
左足前踏, 右足於左足後鎖踏, 左足前踏, 右足略前擦踢
-