

Saddle Up Shawty (ㄉㄚˇ ㄩˇ 妹妹) (zh)

COPPER KNOB
STYLEDANCE

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Guyton Mundy (USA) - 2008年02月
音樂: Saddle Up Shawty (Club Mix) - Mikel Knight : (CD: Urban Cowboy)



前奏: Intro: None, cold start immediately after the rooster crows 沒有前奏, 雞叫啼後起跳

- 第一段** Kick, Step; Kick, Hook; Step; Hold (add hands), Hitch; Walk back & Touch; Left Hip bumps x 2
踢 踏 踢 勾, 踏 候 抬(加手勢), 後走 走 點, 左推臀二次
- 1&2& Low kick R fwd, step on R, Low kick L fwd, Hook L over R knee,
右足略前踢, 右足踏, 左足略前踢, 左足於右膝勾
- 3&4 Step L slightly fwd (3) Hold on (&) Shift weight back to R and hitch L up (4) 左足略前踏, 候, 重心移右足左足抬
[Hands: L arm out to low left side with R fist at inside of L elbow (3), R arm out to low right side with L fist at
inside of R elbow (&), Leaving L arm across body, bend R arm up vertically over R shoulder on same count as
L leg hitch(4)]
手勢: 左手伸向左邊略低處右拳到左手肘位置, 右手伸向右邊略低處左拳到右手肘位置, 左手放原位右手彎垂直左
足抬
- 5 & 6 Walk back L, walk back R, Touch L out to left side
左足後走, 右足後走, 左足左點
- 7, 8 Bump L hip up and to the left twice (12:00) 左推臀兩次(12點鐘)
- 第二段** Step to L side; Quarter-turn Sailor; Half-turn Sailor; R shuffle fwd; Step fwd L 左, 1/4轉水手, 轉水手, 前交換, 踏
- 1, Step L to left side 左足左踏
- 2&3 Step R behind L, turn ¼ to left stepping fwd on L, step R to right side 右足於左足後踏, 左轉90度左足前踏, 右足
右踏
- 4&5 Step L behind R turning ¼ to left, Step R to right side turning ¼ to left, Step L fwd
左轉90度左足於右足後踏, 左轉90度右足右踏, 左足前踏
- 6&7 Step R fwd, Step L next to R, Step R fwd
右足前踏, 左足併踏, 右足前踏
- 8 Step fwd on L (3:00) 左足前踏(面向3點鐘)
- 第三段** Step R fwd, Half-turn hip roll; Half-turn Sailor; Step R fwd, Half-turn hip roll; L Coaster Step
踏, 轉臀轉1/2, 轉水手, 踏, 轉臀轉1/2, 海岸步
- 1, 2 Step R fwd, Roll hips around in counter-clockwise ½ turn (weight stays on R) 右足前踏, 逆時針轉臀並轉180
度(重心在右足)
- 3&4 Step L behind R turning ¼ to left, Step R to right side turning ¼ to left, Step L fwd
左轉90度左足於右足後踏, 左轉90度右足右踏, 左足前踏
- 5, 6 Step R fwd, Roll hips around in counter-clockwise ½ turn (weight stays on R) 右足前踏, 逆時針轉臀並轉180
度(重心在右足)
- 7&8 Step L back, Step R back next to L, Step L fwd (9:00)
左足後踏, 右足併踏, 左足前踏(面向9點鐘)
- 第四段** Funky skates fwd x 2; Cross, back, ¼ turn; ¼ turn; ½ turn; L Shuffle fwd 滑冰兩次, 交叉 後 1/4, 1/2 1/2, 前交換
- 1, 2 Big step up and out with R to right side, Big step up and out with L to left side 右足滑冰步, 左足滑冰步
- 3&4 Cross step R over L; Step back on L; Step R to right side turning ¼ to right 右足於左足前交叉踏, 左足後踏, 右
轉90度右足右踏
- 5, 6 Turn ¼ to right stepping L to left side; Half Hinge turn to the back over R shoulder stepping R to right side
右轉90度左足左踏, 右轉180度右足右踏
- 7&8 Step L fwd, Step R next to L, Step L fwd (9:00)
左足前踏, 右足併踏, 左足前踏(面向9點鐘)

**RESTART: After 32 counts of Wall 6 you will be facing the original starting wall. Restart the dance from the beginning after the Left Shuffle forward (count 32).

第六面牆跳至止面向前面牆, 從頭起跳

- 第五段** Right Out, Out, In, In, Scuff, Hitch, Step; Left Out, Out, In, In, Scuff, Hitch, Step 大大小小, 擦踢抬踏, 大大小小, 擦踢抬踏
- 1&2& Step R out to right side, Step L out to left side, Step R in to center, Step L in to center 右足右踏, 左足左踏, 右足回踏, 左足併踏
- 3&4 Scuff R, Hitch R, Step on R next to L
右足擦踢, 右足抬, 右足併踏
- 5&6& Step L out to left side, Step R out to right side, Step L in to center, Step R in to center 左足左踏, 右足右踏, 左足回踏, 右足併踏
- 7&8 Scuff L, Hitch L, Step on L next to L (9:00)
左足擦踢, 左足抬, 左足併踏(面向9點鐘)

- 第六段** Step Side Right; Split Heels; Small Hip Rolls; Chasse to left; Quarter-turn paddles x 2
右踵向右 踵回, 轉臀, 左追步, 轉1/4划槳步兩次
- 1&2 Step R out to right side; with weight on balls of feet, split heels out and back to center (Knees go in)
右足右踏, (重心在雙腳)雙足踵向右, 雙足踵回中心
- 3, 4 Roll hips in small counter-clockwise circle; repeat (weight stays on R) 逆時針轉臀兩次, 結束重心在右足
- 5&6 Step L to left side; Step R next to L; Step L to left side
左足左踏, 右足併踏, 左足左踏
- 7, 8 Keeping weight on L for both counts, paddle ¼ to left touching R foot to right side; paddle ¼ to left touching R foot to right side (3:00)
(兩拍重心都在左足划槳步)
左轉90度右足右點, 左轉90度右足右點(面向3點鐘)
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