

Your World (該妳上場) (zh)

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Niels Poulsen (DK) - 2008年09月
音樂: It's Your World Now - Eagles : (CD: Long Road Out of Eden)



前奏 : Intro: 32 counts from first beat (app. 19 seconds into track). Start with weight on L foot.

第一段 Vine R, Hold, Bump L, Bump R, L Back Rock 右華倫 候, 左推臀, 右推臀, 後下沉 回復

- 1-2 Step R to R side, cross L behind R [12:00]
右足右踏, 左足於右足後交叉踏(面向12點鐘)
- 3-4 Step R to R side, hold [12:00] 右足右踏, 候(面向12點鐘)
- 5-6 Step L to L side bumping hips to L side, bump hips to R side [12:00]
左足左踏左推臀, 右推臀(面向12點鐘)
- 7-8 Rock back on L, recover weight to R [12:00]
左足後下沉, 右足回復(面向12點鐘)

第二段 Vine L, Hold, Bump R, Bump L, R Back Rock 左華倫 候, 右推臀, 左推臀, 後下沉 回復

- 1-2 Step L to L side, cross R behind L [12:00]
左足左踏, 右足於左足後交叉踏(面向12點鐘)
- 3-4 Step L to L side, hold [12:00]
左足左踏, 候(面向12點鐘)
- 5-6 Step R to R side bumping hips to R side, bump hips to L side [12:00]
右足右踏右推臀, 左推臀(面向12點鐘)
- 7-8 Rock back on R, recover weight to L [12:00]
右足後下沉, 左足回復(面向12點鐘)

第三段 R Scissor Step, Hold, L Scissor Step, Sweep R Around 右剪刀, 候, 左剪刀, 繞

- 1-2 Step R to R side, close L behind R [12:00]
右足右踏, 左足併踏(面向12點鐘)
- 3-4 Cross R over L, hold [12:00]
右足於左足前交叉踏, 候(面向12點鐘)
- 5-6 Step L to L side, close R behind L [12:00]
左足左踏, 右足併踏(面向12點鐘)
- 7-8 Cross L over R, sweep R around and in front of L (weight still on L foot) [12:00]
左足於右足前交叉踏, 右足由後繞至前(重心仍在左足)(面向12點鐘)

第四段 Weave, Hold, ¼ L Fw, Step ½ Turn L, Hold 藤步, 候, 1/4, 踏轉, 候

- 1-2 Cross R over L, step L to L side [12:00]
右足於左足前交叉踏, 左足左踏(面向12點鐘)
- 3-4 Cross R behind L, hold [12:00]
右足於左足後交叉踏, 候(面向12點鐘)
- 5-6 Turn ¼ L stepping fw on L, step fw on R [9:00]
左轉90度左足前踏, 右足前踏(面向9點鐘)
- 7-8 Turn ½ L stepping onto L, hold [3:00]
左轉180度, 候(面向3點鐘)

