

Still Dirty (依然下流) (zh)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
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音樂: Still Dirty - Christina Aguilera : (CD: Back to Basics)



前奏 : 8 counts (start with feet shoulder width apart)

第一段 Knee Pops, Jump apart, Hitch & Touch, Sweep Ball Cross 弓膝, 跳踏, 抬 & 點, 繞踏交叉

- 1 & Pop right knee lifting right heel, pop left knee lifting left heel
抬起右足踵右膝弓起, 抬起左足踵左膝弓起
- 2, 3 Drop both heels down, pushing hips forward, hold
雙足踵踏下推臀向前, 候
- & 4 Jump back slightly, stepping right to right side and left to left side (略向後跳踏) 右足右踏, 左足左踏
- 5 & 6 Hitch right, step down on right, touch left in front of right (keeping left leg straight) 右足抬起, 右足踏, 左足於右足前點(左腿伸直)
- 7 Sweep left behind right (keeping left leg straight)
左足繞至右足後(左腿伸直)
- & 8 Step down on left, step right across left
左足踏, 右足於左足前交叉踏

第二段 Rock & Cross, Cross ¼ Turn, Right Coaster, Rock & Kick 下沉 & 交叉, 交叉轉1/4, 右海岸步, 下沉 & 踢

- 1 & Rock left to left side, recover weight to right
左足左下沉, 右足回復
- 2 Step left across right kicking right out to right side
左足於右足前交叉踏右足向右踢
- 3, 4 Step right across left, turn ¼ right stepping back on left
右足於左足前交叉踏, 右轉90度左足後踏
- 5 & 6 Step back on right, step left next to right, step forward on right
右足後踏, 左足併踏, 右足前踏
- 7 & 8 Rock forward on left, recover weight to right, step left next to right kicking right forward 左足前下沉, 右足回復, 左足併踏右足前踢

第三段 Rock Steps, Touch Right ½ Turn, Scuff Out Out, Knee Pops, Turn, Step 下沉踏, 點右轉1/2, 擦踢 外外, 弓膝, 轉, 踏

- 1 & Step back on right lifting left, recover/rock weight forward on left lifting right 右足後踏抬左足, 左足回復抬右足
- 2 Recover/rock weight back on right lifting left 右足後回復抬左足
- 3, 4 Step back on left, touch right toe back 左足後踏, 右足趾後點
- 5 Keeping weight on left, turn ½ turn right scuffing right forward
重心在左足右轉180度右足前擦踢
- & 6 Step right to right side, step left to left side 右足右踏, 左足左踏
- & 7 Pop right knee in towards left knee, pop right knee out transferring weight to right 右膝弓向左膝, 右膝轉向外(重心在右足)
- & 8 Turn ¼ right flicking left foot back, step left next to right
右轉90度左足向後輕勾, 左足併踏

- 第四段 Hip Sways, Ball Cross, ¼ Turn, Side & Cross, ¼ Turn Right, ¼ Turn Right 擺臀, 踏交叉, 轉1/4, 側 & 交叉, 右轉1/4, 右轉1/4**
- 1 & 2 Small step right to right side swaying hips right, then left, long step right to right side 右足右踏右擺臀, 左足左踏左擺臀, 右足右一大步
- 3 & 4 Hold, step left next to right, step right across left 候, 左足併踏, 右足於左足前交叉踏
- 5 & 6 Turn ¼ right stepping back on left, step right to right side, step left across right 右轉90度左足後踏, 右足右踏, 左足於右足前交叉踏
- 7 Turn ¼ right stepping forward on right 右轉90度右足前踏
- 8 Turn ¼ right stepping left foot to left side 右轉90度左足左踏
- 第五段 Touch Step, Touch Step, Touch Right Shuffle, Step ½ Turn Step, Full Turn 點踏, 點踏, 點右交換步, 踏轉1/2踏, 轉圈**
- & 1 Touch right next to left, step right diagonally forward right 右足併點, 右足右斜角線前踏
- & 2 Touch left next to right, step left diagonally forward left 左足併點, 左足左斜角線前踏
- & 3 & 4 Touch right next to left, step forward on right, step left next to right 右足併點, 右足前踏, 左足併踏
Step forward on right 右足前踏
- 5 & 6 Step forward on left, pivot ½ turn right, step forward on left 左足前踏, 右轉180度, 左足前踏
- 7, 8 Turn ½ left stepping back on right, turn ½ left stepping forward on left 左轉180度右足後踏, 左轉180度左足前踏
- 第六段 Right Shuffle, Kick Turn Point, ¼ Turn, ½ Turn, Kick Out Out 右交換, 踢轉點, 轉1/4, 轉1/2, 踢外外**
- 1 & 2 Step forward on right, step left next to right, step forward on right 右足前踏, 左足併踏, 右足前踏
- 3 & 4 Kick left forward, turn ¼ left stepping left to left side, point right toe to right side 左足前踢, 左轉90度左足左踏, 右足趾右點
- 5, 6 Turn ¼ right stepping forward on right, turn ½ right stepping back on left 右轉90度右足前踏, 右轉180度左足後踏
- 7 Kick right forward 右足前踢
- & 8 Step right to right side, step left to left side (shoulder width apart) 右足右踏, 左足左踏(與肩同寬)
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