

S & M (禁忌遊戲) (zh)

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Shaz Walton (UK) - 2011年02月
音樂: S&M - Rihanna



前奏: 64 count intro – start on lyrics

第一段 Toe. Heel. Cross. Toe. Heel. Toe. Heel. Step.

- 1-2 Touch right toe next to left with right knee in. Touch right heel next to left with right toes to right
右足趾併點右膝向內轉, 右足踵併點右足趾向右
- 3-4 Cross right over left. Touch left toe next to right with left knee in.
右足於左足前交叉踏, 左足趾併點左膝向內轉
- 5-6 Touch left heel next to right with left toes out to left. Touch left toe next to right with left knee in.
左足踵併點左足趾向左, 左足趾併點左膝向內轉
- 7-8 Touch left heel next to right with left toes out to left. Step left beside right. (Use your hips during this whole section!)
左足踵併點左足踵向左, 左足併踏(整段臀部配合動作擺動)

第二段 Rock. Recover. ¼. Point. ¼. ½. Shuffle ½.

- 1-2 Rock forward on right. Recover on left. 右足前下沉, 左足回復
- 3-4 Make ¼ right stepping right to right side. Touch left to left side.
右轉90度右足右踏, 左足左點
- 5-6 Make ¼ left stepping left forward. Make ½ left stepping back right.
左轉90度左足前踏, 左轉180度右足後踏
- 7&8 Shuffle 1/2 turn left, stepping L-R-L
左180度轉交換-左, 右, 左

第三段 Rock forward. Recover. Rock. Side. Recover. Rock back. Recover. ½. ¼.

- 1-2 Rock forward right. Recover on left. 右足前下沉, 左足回復
- 3-4 Rock right to right side. Recover on left. 右足右下沉, 左足回復
- 5-6 Rock right back. Recover on left. 右足後下沉, 左足回復
- 7-8 Make ½ left stepping back right. Make ¼ left stepping left beside right.
左轉180度右足後踏, 左轉90度左足併踏

第四段 Toe. Drop/slide/ toe. Drop/slide. Back. Back. Forward. Kick.

- 1-2 Dig right toes beside left. drop right heel as you lift left heel and slide left foot back. 右足趾併點踵, 右足踵踏左足踵抬向後滑
- 3-4 Drop left heel as you raise heel of right and slide right foot back.
左足踵踏右足踵抬向後滑
- 5-6 Step back right. Step back left. 右足後踏, 左足後踏
- 7-8 Step forward right. Kick left foot forward. 右足前踏, 左足前踢
- Restarts- wall 3 & 6 Restart the dance again facing the front both times.
Dance the following: 第三面牆及第六面牆跳至此, 多做&拍左轉90度至前面牆從頭起跳
- 7-8& step forward right. Kick left forward; make ¼ left stepping left down.
右足前踏, 左足前踢, 左轉90度左足踏

第五段 Drop kick. Step. Scuff. Step. Step. ¼. Cross. Side.

- 1-2 Step left down as you kick right forward. Step right forward.
左足踏右足前踢, 右足前踏
- 3-4 Scuff & hitch left. Step left forward. 左足擦踢抬, 左足前踏

5-6 Step right forward. Make $\frac{1}{4}$ left. 右足前踏, 左轉90度

7-8 Cross right over left. step left to left side.
右足於左足前交叉踏, 左足左踏

第六段 Knee twist. Cross hitch. Side. Drag. Behind. $\frac{1}{4}$. Rock. Recover.

1-2 Twist right knee in to meet left. Twist right knee to right side. (Weight on right) 右膝轉向左, 右膝轉向右(重心在右足)

3-4 Hitch left knee across right. Make a big step to left with left as you drag right heel to left.
左膝於右足前抬, 左足左一大步右足踵拖併

5-6 Step right behind left. Make $\frac{1}{4}$ left stepping left forward.
右足於左足後踏, 左轉90度左足前踏

7-8 Rock forward right. Recover left. 右足前下沉, 左足回復

第七段 Walk Around $\frac{3}{4}$ Turn right.

1-2 Make $\frac{1}{4}$ right stepping right forward. Hold. 右轉90度右足前踏, 候

3-4 Step forward left. Hold. 左足前踏, 候

5-6 Make $\frac{1}{4}$ right stepping right forward. Hold. 右轉90度右足前踏, 候

7-8 Make $\frac{1}{4}$ right stepping left to left side. Hold 右轉90度左足左踏, 候
(feel the beat....do what the music tells you to do J)
感受這個音樂節拍, 跟著節拍舞動

第八段 Back rock. Recover. Side bump. sit. Back rock. Recover. Side bump. sit.

1-2 Rock back on right. Recover on left. 右足後下沉, 左足回復

3&4 Touch right to right as you bump right hip to side. Bump left. Sit over right hip. 右足右點右推臀, 左推臀, 呈坐姿於右臀

5-6 Rock back on left. recover on right. 左足後下沉, 右足回復

7&8 Touch left to left as you bump left hip to side. Bump right. Sit over left hip 左足左點左推臀, 右推臀, 呈坐姿於左臀
