

Straight Thru (穿透我的心) (zh)

COPPER KNOB
STYLEDANCE

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - 2009年09月
音樂: Straight Through My Heart - Backstreet Boys



前奏: Starts on 16 Counts.. (16 Counts BEFORE main beat kicks in) 16拍後起跳

第一段 Step, Tap & Heel & Step, Tap, Back, Back, 1/4 Turn.
踏, 點併踵收踏, 點, 後, 後, 1/4

1-2& Step forward on Left, tap Right toe next to Left heel, step slightly back on Right. 左足前踏, 右足趾併點, 右足略後踏

3&4 Touch Left heel forward, step Left next to Right, step forward on Right. 左足踵前點, 左足併踏, 右足前踏

5-6 Tap Left toe behind Right, step back on Left.
左足趾於右足後點, 左足後踏

7-8 Step back on Right, make 1/4 turn to Left stepping Left to Left side.
右足後踏, 左轉90度左足左踏

第二段 Cross Rock, Chasse Right, Cross, 1/4, 1/4, Cross.
交叉下沉, 右追步, 交叉, 1/4 1/4, 交叉

1-2 Cross rock Right over Left, recover on Left.
右足於左足前交叉下沉, 左足回復

3&4 Step Right to Right side, step Left next to Right, step Right to Right side. 右足右踏, 左足併踏, 右足右踏

5-6 Cross step Left over Right, make 1/4 turn Left stepping back on Right.
左足於右足前交叉踏, 左轉90度右足後踏

7-8 Make 1/4 turn Left stepping Left to Left side, cross step Right over Left. 左轉90度左足左踏, 右足於左足前交叉踏

第三段 Rock & Cross, Side, Behind & Rock Step, 1/4, 1/4.
下沉回復交叉, 側, 後旁前下沉回復, 1/4 1/4

1&2 Rock Left to Left side, recover on Right, cross step Left over Right.
左足左下沉, 右足回復, 左足於右足前交叉踏

3-4 Step Right to Right side, cross step Left behind Right.
右足右踏, 左足於右足後交叉踏

&5-6 Step Right to Right side, Cross rock Left over Right, recover on Right.
右足右踏, 左足於右足前交叉下沉, 右足回復

7-8 Make 1/4 turn to Left stepping forward on Left, 1/4 turn Left stepping Right to Right side. 左轉90度左足前踏, 左轉90度右足右踏

第四段 Sailor 1/4, Rock Step, Coaster Step, Walk, Walk.
1/4轉水手, 下沉回復, 海岸步, 走, 走

1&2 Cross step Left behind Right, make 1/4 turn Left stepping Right next to Left, step forward Left.
左足於右足後交叉踏, 左轉90度右足併踏, 左足前踏

3-4 Rock forward on Right, recover on Left. 右足前下沉, 左足回復

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 Walk forward Left-Right. 左足前走, 右足前走

****R** RESTART: Wall 5... Dance Up To & Including Count 8 In Section 4 (32) Then Restart Dance From Beginning.** 第五面牆跳至此, 從頭起跳

第五段 Rock & Cross, 1/4, 3/8, Step, Lock, Step Lock Step.
下沉回復交叉, 1/4, 3/8, 踏鎖, 前鎖步

- 1&2 Rock to Left side on Left, recover on Right, cross step Left over Right.
左足左下沉, 右足回復, 左足於右足前交叉踏
- 3-4 Make 1/4 turn to Left stepping back on Right, 3/8 turn to Left stepping forward on Left (10:30)
左轉90度右足後踏, 左轉145度左足前踏(面向10:30)
- 5-6 Step forward on Right, lock Left behind Right. (10:30)
右足前踏, 左足於右足後鎖踏(面向10:30)
- 7&8 Step forward on Right, lock Left behind Right, step forward on Right. (10:30)右足前踏, 左足於右足後鎖踏,
右足前踏(面向10:30)

第六段 Rock Step, Shuffle 1/2 Turn, 1/4 Chasse Right, Rock Step.
下沉回復, 轉交換, 右1/4追步, 下沉回復

- 1-2 Rock forward on Left, recover on Right.左足前下沉, 右足回復
- 3&4 Make 1/2 shuffle turn to Left stepping L-R-L. (4.30)
左180度轉交換-左, 右, 左
- 5&6 Make 1/4 turn to Left stepping Right to Right side, step Left next to Right, step Right to side. (1:30)
左轉90度右足右踏, 左足併踏, 右足右踏(面向1:30)
- 7-8 Rock back on Left, recover on Right. (1:30)
左足後下沉, 右足回復(面向1:30)

第七段 Step, Sweep, Step, Sweep, Jazz Box 1/8 Cross.
踏, 繞, 踏, 繞, 爵士方塊1/8交叉

- 1-2 Step forward Left, sweep Right around from back to front. (1:30)
左足前踏, 右足由後繞至前(1:30)
- 3-4 Step forward Right, sweep Left around from back to front. (1:30)
右足前踏, 左足由後繞至前(面向1:30)
- 5-6 Cross step Left over Right, make 1/8 turn to Left stepping back on Right. (12:00)左足於右足前交叉踏, 左
轉45度右足後踏(面向12點鐘)
- 7-8 Step Left to Left side, cross step Right over Left.
左足左踏, 右足於左足前交叉踏

第八段 Side Rock & Point, 1/2, Side Rock, Walk, Walk.
側下沉 & 點, 1/2, 側下沉, 走, 走

- 1-2 Rock to Left side on Left, recover on Right.左足左下沉, 右足回復
- &3-4 Step Left next to Right, point Right to Right side, make 1/2 turn Right stepping Right next to Left.
左足併踏, 右足右點, 右轉180度右足併踏
- 5-6 Rock to Left side on Left, recover on Right.左足左下沉, 右足回復
- 7-8 Walk forward Left-Right. 前走步-左, 右
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