

Your Lies (你的謊言) (zh)

COPPER KNOB
BY STEPHEN BATES

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Merju Hiir (EST) - 2010年09月
音樂: Love the Way You Lie (feat. Rihanna) - Eminem



前奏: Dance starts after 36 counts intro 36拍後起跳

- 第一段** **Funky Foot Slides R&L, Cross Rock, (1/4 Turn R) Side, Cross Rock Side, Cross Rock, Slide Back (Facing 13:00)**
右放克滑踏, 左放克滑踏, 1/4交叉曼波, 交叉曼波, 交叉 回復 後滑(面向1點鐘)
- 1 Pushing off LF RF slide on forward diagonal to 1:00 & angling body toward 11:00, while turning feet/knees out
左足推右足1:00斜前滑踏(身體面向11點鐘), 雙腳向外
- & LF slide next to right while closing feet and knees, angling body toward 1:00 左足滑併踏(雙足踵合併)身體面向1點鐘
- 2 Pushing off RF, LF slide on forward diagonal to 11:00 & angling body toward 1:00, while turning feet/knees out
右足推左足11:00斜前滑踏(身體面向1點鐘), 雙腳向外
- & RF slide next to left while closing feet and knees, angling body toward 11:00 右足滑併踏(雙足踵合併)身體面向11點鐘
- 3&4 Step RF across LF, recover weight onto LF, Turn 1/4 to R stepping RF to R side 右足於左足前交叉踏, 左足回復, 右轉90度右足右踏
- 5&6 Step LF across RF, recover weight onto RF, Step LF to L side
左足於右足前交叉踏, 右足回復, 左足左踏
- 7&8 Step RF across LF, recover weight onto LF and pushing little bit over the heel, with hips pushing back, slide RF back (13:00)
右足於左足前交叉踏, 左足回復略抬踵後推臀, 右足後滑踏(面向1點鐘)
- 第二段** **Coaster Step With 1/8 Turn R, Step Fwd, Knee Rolls 1/4 L & 1/4 R, Step Back, 1/4 L Side, Weave To L**
右1/8海岸步, 踏, 左轉膝 右轉膝, 後, 1/4, 藤步
- 1&2 step LF back, Step RF beside the LF turning 1/8 R; Step LF fwd (15:00)
左足後踏, 右足併踏右轉45度, 左足前踏(面向3點鐘)
- 3 Step RF fwd, sharing the weight on both legs
右足前踏, 重心放雙足
- 4,5 with bended knees turn with knee roll 1/4 L (12:00) and 1/4 R, (15:00)
彎雙膝左轉90度, 右轉90度
In the end of knee rolls straighten up your knees and push weight on LF 膝轉最後站立, 重心放左足
- 6&7&8 Step RF back LF, step LF with 1/4 turn to L side, Step RF across LF, step LF to L side, step RF cross behind the LF (12:00)
右足於左足後踏, 左轉90度左足左踏, 右足於左足前交叉踏, 左足左踏, 右足於左足後踏(面向12點鐘)
- 第三段** **Side Rock, 1/4 Turn L, Coaster Step, 2 Touches, Step Back Hitch With R Hand Pushing Hitched Up Knee To Turn 1/4 L, Step Lf Side**
左下沉 1/4回復, 海岸步, 前點 右點 後踏抬 右手推抬轉, 左踏
- 1,2 Rock LF to L side with hip, turn 1/4 to L when recovering weight onto RF (21:00) 左足左下沉左推臀, 左轉90度右足回復
- 3&4 Step LF back, step RF beside LF, step LF fwd
左足後踏, 右足併踏, 左足前踏
- 5&6 Touch RF fwd, touch RF to R side, step RF back same time hitching LF up 右足前點, 右足右點, 右足後踏左足抬
- &7,8 (&) With your R hand draw circle from L shoulder to L knee (7) push with your R hand the hitched up knee, turning the same time 1/4 to L, (8) step LF to L side (18:00)
右手畫一個圓圈從左肩到左膝, 左膝抬左轉90度右手推, 左足左踏(面向6點鐘)

第四段 Cross Rock & Back, Step Back, Step Beside Turning ¼ To R, Step Fwd, Step 3/8 Pivot Step, Step ½ Pivot Step

交叉 回後, 後 1/4 踏, 踏 轉踏, 踏 轉踏

- 1&2 Step RF across LF, recover weight onto LF, step RF back (16:30)
右足於左足前交叉踏, 左足回復, 右足後踏(面向4:30)
- 3&4 Step LF back, step RF beside LF turning ¼ R, step LF fwd (18:30)
左足後踏, 右轉90度右足併踏, 左足前踏(面向7:30)
- 5&6 Step RF fwd, turn 3/8 L recovering weight onto LF, step RF fwd (15:00)
右足前踏, 左轉135度左足回復, 右足前踏(面向3點鐘)
- 7&8 Step LF fwd, turn ½ R recovering weight onto RF, step LF fwd. (21:00)
左足前踏, 右轉180度右足回復, 左足前踏(面向9點鐘)

TAG 1 (EXTENSION): AFTER the walls 3; 6 and 9 there is extension. It's always with chorus. 第三, 六, 九面牆結束時加拍, 都是在女生清唱後時

Cross Back Back, Cross Back Back, Cross, Coaster Step Shuffle Fwd

交叉 後後 交叉 後後 交叉, 海岸步, 前交換

- 1& Step RF across LF, step LF diagonally back to L
右足於左足前交叉踏, 左足斜角後踏
- 2& Step RF diagonally back to R, step LF across RF
右足斜角後踏, 左足於右足前交叉踏
- 3&4 Step RF diagonally back to R, Step LF diagonally back to L, step RF across LF 右足斜角後踏, 左足斜角踏, 右足於左足前交叉踏
- 5&6 Step LF back, step RF beside LF, step LF fwd,
左足後踏, 右足併踏, 左足前踏
- 7&8 Step RF fwd, step LF beside RF, step RF fwd
右足前踏, 左足併踏, 右足前踏

Step ¼ Pivot R, Weave To R, Side Rock Cross, Side Rock Step Beside

踏 1/4, 藤步, 曼波交叉, 左曼波

- 1& Step LF fwd, turn ¼ to R recovering weight onto RF
左足前踏, 右轉90度右足回復
- 2&3&4 Step LF across RF, step RF to R side, Step LF cross behind RF, Step RF to R side, Step LF across the RF
左足於右足前交叉踏, 右足右踏, 左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 5&6 Step RF to R side, recover weight onto LF, step RF across LF
右足右踏, 左足回復, 右足於左足前交叉踏
- 7&8 Step LF to L side, recover weight onto RF, step LF beside RF
左足左踏, 右足回復, 左足併踏

TAG 2: AFTER the wall 8th 加拍: 第八面牆結束後

3 Funky Foot Slides, Side Slide Step & Touch

三次放克腳滑步, 側滑步 併點

- 1 Pushing off LF RF slide on forward diagonal to 1:00 & angling body toward 11:00, while turning feet/knees out
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- & LF slide next to right while closing feet and knees, angling body toward 1:00 左足滑併踏(雙足踵合併)身體面向1點鐘
- 2 Pushing off RF, LF slide on forward diagonal to 11:00 & angling body toward 1:00, while turning feet/knees out
右足推左足11:00斜前滑踏(身體面向1點鐘), 雙腳向外
- & RF slide next to left while closing feet and knees, angling body toward 11:00 右足滑併踏(雙足踵合併)身體面向11點鐘
- 3 Pushing off LF RF slide on forward diagonal to 1:00 & angling body toward 11:00, while turning feet/knees out
左足推右足1:00斜前滑踏(身體面向11點鐘), 雙腳向外

- & LF slide next to right while closing feet and knees, angling body toward 1:00 左足滑併踏(雙足踵合併)身體
面向1點鐘
- 4,5 LF slide step to L side, RF touch beside LF
左足向左滑踏, 右足併點
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