

Get Sexy (zh)

COPPER KNOB
STYLEDANCE

拍數: 0 牆數: 2 級數: Advanced
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音樂: Get Sexy - Sugababes



A A部份 (32拍)

第一段 Walk, Walk, Rock-Recover-Ball Step, Step, Body Roll x2

- 1-2 Walk fwd on L, Walk fwd on R 左足前走, 右足前走
3-4 Rock fwd on L, Recover back on R 左足前下沉, 右足回復
&5-6 Step back on ball of L, Step R fwd, Step L out to L side
左足後踏, 右足前踏, 左足左踏
7-8 Body Roll from chest to hips, Body Roll from chest to hips (weight on R) 轉動身體由胸到臀部, 轉動身體由胸到臀部
(重心在右足)

第二段 Ball Step Knee Roll X2, Weave To R W/ ¼ Turn L

- &1-2 Ball step L back/in (L slightly behind R), Step R out to R rolling R knee out, Recover down on L
左足略於右足後踏, 右足右踏右膝向外轉, 左足踏
&3-4 Ball step R back/in (R slightly behind L), Step L out to L rolling L knee out, Recover down on R
右足略於左足後踏, 左足左踏左膝向外轉, 右足踏
5-6 Step L behind R, Step R out to R 左足於右足後踏, 右足右踏
7-8 Cross L over R, ¼ Turn L stepping R back
左足於右足前交叉踏, 左轉90度右足後踏

第三段 ¼ Turn L W/ Dip, Side Step W/ Bumps Heel Flick, ¾ Turn W/ L Coaster Step

- &1-2 ½ Turn L stepping L fwd, ¼ Turn stepping R out as you dip down with weight over that R foot, Bring your body
back upright as you begin to transfer your weight over to the L
左轉180度左足前踏, 左轉90度右足蹲踏, 身體後傾重心移至左足
3&4 As you place weight over on L Step R out to R, Step L next R, Flick L foot across in front of R leg (as you step to R
bump hips R)
右足右踏, 左足併踏, 右推臀左足於右足前勾
5-6 ¼ Turn L stepping L fwd, ¼ Turn L stepping R out to R
左轉90度左足前踏, 左轉90度右足右踏
7&8 ¼ Turn L stepping L back, Step R beside L, Step L fwd
左轉90度左足後踏, 右足併踏, 左足前踏

第四段 Ball-Rock-Step Back, Ball-Rock-Step Fwd, Walk Fwd R, L, R, L

- &1-2 Ball step R next to L, Rock fwd on L lean upper body fwd, Step back on R 右足併踏, 左足前下沉上半身前傾, 右足
後踏
&3-4 Ball step L next to R, Rock back on R as you hitch L knee up, Step down on L 左足併踏, 右足後下沉左膝抬, 左足
踏
5-8 Walk fwd R, L, R, L 前走步-右, 左, 右, 左

B (32拍)

第一段 Step-Touch To R Diagonal, Walk Back ½ Turn To L Diagonal

- 1-2 Step R fwd towards R diagonal, Touch L toe out in front of R
右足右斜角前點, 左足趾於右足前點
3-4 Step L slightly fwd from where you were touched, Touch R fwd to R diagonal 左足略前踏, 右足右斜角前點
5-6 Step back on R foot, Step back on L foot (Still facing the R diagonal) 右足後踏, 左足後踏(仍面向右斜角)
7&8 Step back on R foot, ½ Turn L stepping L fwd, Step R fwd (facing diagonal) 右足後踏, 左轉180度左足前踏, 右足前
踏(面向斜角)

第二段 Step-Touch To R Diagonal, Walk Back 5/8 Turn L, Bump Hips L Then R

- 1-2 Step/Cross L in front of R, Touch R toe fwd to R diagonal
左足於右足前交叉踏, 右足趾右斜角前點

- 3-4 Step down on R foot, Touch L toe fwd to R diagonal
右足踏, 左足趾右斜角前點
- 5-6 Step back on L, Step back on R (still facing diagonal)
左足後踏, 右足後踏(面向斜角)
- &7&8 ½ Turn L stepping L fwd, Step R fwd, 1/8 Turn L stepping L to L and bumping hips L, Bump hips to R weight R (1/8 turn centers you up to facing wall)
左轉180度左足前踏, 右足前踏, 左轉45度左足左踏左推臀, 右推臀重心在右足(轉正)

第三段 Sway Hips L Then R, ¼ Turn L, Ball-Rock-Recover, ½ Turn Ball Rock Recover

- 1-2 Sway hips to L but dip down as you start, Come up on count 2 weight on L 左擺臀略蹲, 站直重心在左足
- 3-4 Sway hips to R as you dip them, Come up on R as you make ¼ Turn R 右擺臀略蹲, 站直右轉90度
- &5-6 Ball step L next to R, Rock fwd on R, Recover back on L
左足併踏, 右足前下沉, 左足回復
- &7-8 ½ Turn R stepping down on R, Rock fwd on L, Recover back on R
右轉180度右足踏, 左足前下沉, 右足回復

第四段 Ball Step R Fwd, R Hip Roll x2, Out-Out, Touch/Look, Step-Step Flick

- &1-2 Ball step L next to R, Step R fwd as you roll R hip fwd, Roll hip back
左足併踏, 右足前踏臀轉向前, 臀轉向後
- 3-4 R foot stays fwd as your roll R hip fwd then back again (weight on L)
(右足仍在前)繼續臀轉向前, 臀轉向後(重心在左足)
- &5-6 Step R out to R, Step L out to L, Touch R toe behind L looking L
右足右踏, 左足左踏, 右足趾於左足後點向左看
- 7&8 Step R out to R head back to center, Step L next to R, Step back on R as you flick L foot fwd
右足右踏頭轉回, 左足併踏, 右足後踏左足前勾

NOTES:

There is a TAG! The tag is 32 counts long and you will do it a total of 3 times!
有一個加拍, 32拍長的加拍, 而且總共要做三次

There is also a restart in this dance as well! (No complaining just do it! LOL)
還有一個Restart, 不要抱怨, 跳就對了

TAG 加拍

第一段 Rock Recover Kick x3, Rock Recover Half Turn L

- 1&2& Rock fwd on R, Recover back on L, Kick R fwd, Step R beside L
右足前下沉, 左足回復, 右足前踢, 右足併踏
- 3&4& Rock fwd on L, Recover back on R, Kick L fwd, Step L beside R
左足前下沉, 右足回復左足前踢, 左足併踏
- 5&6& Rock fwd on R, Recover back on L, Kick R fwd, Step R beside L
右足前下沉, 左足回復, 右足前踢, 右足併踏
- 7&8 Rock fwd on L, Recover back on R, ½ Turn L stepping L fwd
左足前下沉, 右足回復, 左轉180度左足前踏

第二段 Rock Recover Kick Cross Traveling Fwd x3, Touch-Hitch Half Turn

- 1&2& Rock R out to R, Recover to L, Kick R fwd, Cross R over L
右足右下沉, 左足回復, 右足前踢, 右足於左足前交叉踏
- 3&4& Rock L out to L, Recover to R, Kick L fwd, Cross L over R
左足左下沉, 右足回復, 左足前踢, 左足於右足前交叉踏
- 5&6& Rock R out to R, Recover to L, Kick R fwd, Cross R over L
右足右下沉, 左足回復, 右足前踢, 右足於左足前交叉踏
- 7&8 Touch L toe back, ½ Turn L hitching L knee up, Step L fwd
左足趾後點, 左轉180度膝抬, 左足前踏

第三段 ¼ Turn Touch-Together-Step, ½ Turn Touch Together Step, L Sailor, R Weave

- 1&2& ¼ Turn L on ball of L touching R toe out to R, Touch R beside L, Touch R out to R, ½ Turn L on ball of L touching R toe beside of L
左轉90度右足趾右點, 右足併點, 右足右點, 左轉180度右足趾併點
- 3&4 Touch R out to R, Touch R beside L, Step R out to R
右足右點, 右足併點, 右足右踏
- 5&6 Step L behind R, Step R out to R, Step L slightly fwd
左足於右足後踏, 右足右踏, 左足略前踏

7&8 Step R behind L, Step L out to L, Cross R over L (angled slightly to diagonal)
右足於左足後踏, 左足左踏, 右足於左足前交叉踏(略面向斜角)

第四段 Diagonal Rocking Chair x2, Rock-Recover Cross Behinds Traveling Back

1&2& Rock L fwd to L diagonal, Recover back on R, Rock back on L still on diagonal, Recover on to R
左足左斜角前下沉, 右足回復, 左足後踏(仍面向斜角), 右足回復

3&4 Rock L fwd to L diagonal, Recover back on R, Step back on L still on diagonal 左足左斜角前下沉, 右足回復, 左足後踏(仍面向斜角)

5&6 Rock R out to R centering up with facing wall, Recover on to L, Step R behind L 右足右下沉(面向正面牆), 左足回復, 右足於左足後踏

&7&8 Rock L out to L, Recover over to R, Step L behind R, Step R fwd
左足左下沉, 右足回復, 左足於右足後踏, 右足前踏
* (Travel back as you do those rocks recovers step backs)
做下沉回復動作會向後移動

RESTART:

Happens the 5th time you start A, so it's a good way in to the dance. You do all of A and the only thing different is you're going to add a step on the last 8 count as your walking fwd. So, here is the last 8 count of A with the extra step you take to restart the dance with A again

跳完第五次A部份的第四段有點不同, 變化舞步跳完後, 再從A部份跳起

Ball-Rock-Step Back, Ball-Rock-Step Fwd, Walk Fwd R, L, R, Ball Step ¼ Turn L

&1-2 Ball step R next to L, Rock fwd on L lean upper body fwd, Step back on R 右足併踏, 左足前下沉上半身前傾, 右足後踏

&3-4 Ball step L next to R, Rock back on R as you hitch L knee up, Step down on L 左足併踏, 右足後下沉左膝抬, 左足踏

5-7 Walk fwd R, L, R 前走步-右, 左, 右

&-8 Step L next to R, ¼ Turn L stepping back on R as you flick L fwd
左足併踏, 左轉90度右足後踏左足前勾

Start over again with A and follow the sequence as stated at the top of the sheet!!
再照舞序一開始的A部份跳起
