

How Much?!! (zh)

COPPER KNOB
BY STEPHEN METZ

拍數: 48 牆數: 4 級數: Intermediate/Advanced
編舞者: Tony Myers (UK) - 2011年03月
音樂: Price Tag - Jessie J : (CD: Single)



- 第一段 Walk, Walk, ½ Turn: Rock & Side: & Cross Rock Recover: Cross Turn Turn**
- 1,2& Walk forward Left (1), Walk forward right (2), Turn ½ right stepping back on left & sweeping right out (& 6:00
左足前走, 右足前走, 右轉180度左足後踏右足繞至後(面向6點鐘)
- 3&4 Rock right behind left (3), Recover on left (&), Step right to side (4) 右足於左足後下沉, 左足回復, 右足右踏
- 8&5,6& Step left next to right (&), Cross right over left (5), Rock left to side (6), Recover on right (&)
左足併踏, 右足於左足前交叉踏, 左足左下沉, 右足回復
- 7&8 Cross left over right (7), Turning ¼ left step back on right (&), Turning ½ left step forward on left (8) 9:00
左足於右足前交叉踏, 左轉90度右足後踏, 左轉180度左足前踏(9點鐘)
- 第二段 Side, Rock, Recover: Side, Rock, Recover: ½ turn back: Step, Lock, Step: Sailor ¼ Turn**
- 1,2& Step right to side (1), Rock left behind right (2), Recover on right (&) 右足右踏, 左足於右足後下沉, 右足回復
- 3,4& Step left to side (3), Rock right behind left (4), Recover on left (&) 左足左踏, 右足於左足後下沉, 左足回復
- 5 Turn ½ left stepping back on right (5) 3:00
左轉180度右足後踏(面向3點鐘)
- 6&7 Step back on left (6), Cross right over left (&), Step back on left (7) 左足後踏, 右足於左足前交叉踏, 左足後踏
- 8&1 Turn ¼ right stepping back right (8), Step left to side (7), Step right slightly forward (1) 6:00
右轉90度右足後踏, 左足左踏, 右足略前踏(面向6點鐘)
- 第三段 Rock, Recover: Triple Full Turn: Side Rock Recover: Side Cross Side**
- 2& Rock forward on left (2), Recover on right hooking left across right (&) 左足前下沉, 右足回復左足於右足前勾
- 3&4 Turning ¼ left step forward left (3), Turning ¼ left step back on right (&), Turning ½ left step forward left (4)
左轉90度左足前踏, 左轉90度右足後踏, 左轉180度左足前踏
- 5,6& Step right to side (5), Rock left over right (6), Recover on right (&) 右足右踏, 左足於右足前交叉下沉, 右足回復
- 7&8 Step left to side (7), Cross right over left (&), Step left to side (8) 6:00 左足左踏, 右足於左足前交叉踏, 左足左踏(面向6點鐘)
- 第四段 Rock, Recover, Together: Turn, Together, Side: Cross Full Turn, Rock, Recover: Cross Shuffle, ¼ Turn**
- 1,2& Rock forward on right (1), Recover on left (2), Step right next to left (&) 右足前下沉, 左足回復, 右足併踏
- 3&4 Turn ½ left stepping forward on left (3), Step right with left (&), Step left to side (4) 12:00
左轉180度左足前踏, 右足併踏, 左足左踏(面向12點鐘)
- 5,6& Cross right over left unwind full turn left on ball of right (5), Rock left to side (6). Recover on right (&)
右足於左足前交叉踏左繞轉, 左足左下沉, 右足回復
- 7&8& Cross left over right(7) Step right to side(&) Cross left over right (8) Turn ¼ left stepping back right (&) 9:00*
左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏, 左轉90度右足後踏(面向9點鐘)
- 第五段 Side Left: Triple 1 ¼ Right: Triple ¾ Turn Left: Shoulder Pops Right Left: Sailor ½ Turn**
- 1 Step left to side (torque upper body to left ready for turn) (1)
左足左踏(上半身向左轉準備做轉的動作)

- 2&3 Turn ¼ right forward right (2), Turn ½ right back on left (&), Turn ½ right, right to side (3) (or ¼ shuffle) 12:00
右轉90度右足前踏, 右轉180度左足後踏, 右轉180度右足右踏
簡易版: 右90度轉交換(面向12點鐘)
- 4&5 Turn ¼ left on left (4), Turn ¼ left step back on right (&), Turn ¼ left step left to side (5) (or ¼ shuffle) 3:00
左轉90度左足踏, 左轉90度右足後踏, 左轉90度左足左踏(面向3點鐘)
簡易版: 右90度轉交換
- 6,7 Lean to right bending right knee and dipping right shoulder (6), Straighten on left dipping left shoulder (7)
身體傾向右彎右膝右肩放低, 站直左肩放低
- 8&1 Turn ¼ right step back on right (8), step left with right (&), Turn ¼ right step forward right (1) 9:00
右轉90度右足後踏, 左足併踏, 右轉90度右足前踏(面向9點鐘)

第六段 Cross, Sweep: Behind Side Touch: Rock & Rock: Rock Turn Step

- 2,3 Step left over right (2), Sweep right from front to back (3)
左足於右足前交叉踏, 右足由前繞至後
- 4&5 Step right behind left (4), Step left to side (&), Touch right next to left (5) 右足於左足後踏, 左足左踏, 右足併點
- 6&7 Rock right across left (6), Recover on left (&), Step on right over left (7) 右足於左足前交叉下沉, 左足回復, 右足於左足前交叉踏
- 8&(1) Rock forward on left (8), Recover on right (&) Turn ¼ left stepping left forward (1) (this is count 1 of dance) 6:00
左足前下沉, 右足回復, 左轉90度左足前踏(接續第1拍)(面向6點鐘)

Sequence: 順序

Wall 1 Full Dance. Dance starts again on 6:00 wall

第一面牆全跳後面向6點鐘再跳

Wall 2 Up to count 32&(section 4) Dance starts again on 3:00 wall

第二面牆跳至第四段後面向3點鐘, 從頭起跳

Wall 3 Full Dance. Dance starts again on 9:00 wall

第三面牆全跳後面向9點鐘再跳

Wall 4 Up to count 32& (section 4) Dance starts again on 6:00 wall

第四面牆跳至第四段後面向6點鐘, 從頭起跳

Wall 5 Full Dance. Dance starts again on 12:00 wall

第五面牆全跳後面向12點鐘再跳

Wall 6 Up to count 32& (section 4) Dance starts again on 9:00 wall

第六面牆跳至第四段後面向9點鐘, 從頭起跳

Wall 7 Up to count 32& (section 4) Dance starts again on 6:00 wall

第七面牆跳至第四段後面向6點鐘, 從頭起跳

Wall 8 Up to count 32& (section 4) finish dance by stepping left ¼ turn left after the final & 第八面牆跳至第四段後, 左轉90度左足踏, 結束舞曲
