

I'm A Star (zh)

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jo Kinser (UK) & John Kinser (UK) - 2011年01月
音樂: I'm a Star - Christette Michele : (CD: Left Freedom Reign)



前奏 : Start the dance on the vocals (0:11).

第一段 Side, Rock, &, Side, Close, Fwd, Turn, Turn, Coaster Step, Full Turn, Step, Step

- 1,2& Step Rt to Rt, Rock Lt behind Rt, Replace weight Rt
右足右踏, 左足於右足後下沉, 右足回復
- 3&4 Step Lt to Lt, Step Rt next to Lt, Step Lt fwd
左足左踏, 右足併踏, 左足前踏
- &5 Make 1/4 turn Lt stepping Rt to Rt (9:00), Make 1/8th turn Lt stepping Lt back (7:30)
左轉90度右足右踏(面向9點鐘), 左轉45度左足後踏(面向7:30)
- 6&7 Step Rt back, Step Lt next to Rt, Step Rt fwd (prep)
右足後踏, 左足併踏, 右足前踏(預備右轉)
- &8&1 Make 1/2 turn Rt stepping back Lt, Make 1/2 turn Rt stepping Rt fwd, Step Lt fwd, Step Rt fwd
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏, 右足前踏
Easy: Option for &8&1: Run fwd, Lt, Rt, Lt, Rt
簡易版: 前跑步-左, 右, 左, 右

第二段 Rock & Cross, 1/4 Turn, 1/4 Turn, Walk, Walk, Rocking Chair, Side, Close, Side

- 2&3 Make 1/8th turn Rt Rocking Lt to Lt, Replace weight Rt, Step Lt across Rt (9:00)
右轉45度左足左下沉, 右足回復, 左足於右足前交叉踏(面向9點鐘)
- &4&5 Make 1/4 turn Lt stepping back Rt, Make 1/4 turn Lt stepping Lt fwd, Walk fwd Rt, Lt (3:00)
左轉90度右足後踏, 左轉90度左足前踏, 前走步-右, 左(面向3點鐘)
- 6&7& Rock Rt fwd, Replace weight Lt, Rock Rt back, Replace weight Lt
右足前下沉, 左足回復, 右足後下沉, 左足回復
- 8&1 Step Rt to Rt, Step Lt next to Rt, Step Rt to Rt (3:00)
右足右踏, 左足併踏, 右足右踏(面向3點鐘)

第三段 Rock & Weave, Full Turn, Side, Coaster Step, Mambo 1/2 Turn, Side

- 2&3 Rock Lt behind Rt, Replace weight Rt, Step Lt to Lt
左足於右足後下沉, 右足回復, 左足左踏
- &4 Step Rt behind Lt, Make 1/4 turn Lt stepping Lt fwd (12:00)
右足於左足後踏, 左轉90度左足前踏(面向12點鐘)
- &5 Make 1/2 turn Lt stepping Rt back (6:00), Make 1/4 turn Lt stepping Lt to Lt (3:00)
左轉180度右足後踏(面向6點鐘), 左轉90度左足左踏(面向3點鐘)
- 6&7 Step Rt back, Step Lt next to Rt, Step Rt fwd
右足後踏, 左足併踏, 右足前踏
- &8&1 Rock Lt fwd, Replace weight Rt, Make 1/2 turn Lt stepping Lt fwd, Step Rt to Rt (9:00)
左足前下沉, 右足回復, 左轉180度左足前踏, 右足右踏(面向9點鐘)

第四段 Rock & Side, Behind, Side, & Fwd, Rock 1/2 Turn, Pivot 1/2 Turn, Step

- 2&3 Rock Lt behind Rt, Replace weight Rt, Step Lt to Lt
左足於右足後下沉, 右足回復, 左足左踏
- &4 Step Rt behind Lt, Step Lt to Lt 右足於左足後踏, 左足左踏
- &5 Step Rt fwd, Step Lt fwd 右足前踏, 左足前踏

- 6&7 Rock Rt fwd, Replace weight Lt, Make 1/2 turn Rt stepping Rt fwd (3:00) 右足前下沉, 左足回復, 右轉180度右足前踏(面向3點鐘)
- &8& Step Lt fwd, Pivot 1/2 Turn Rt (weight Rt), Step Lt fwd and slightly across Rt (9:00) 左足前踏, 右軸轉180度(重心在右足), 左足於右足前交叉踏(面向9點鐘)
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