

Innocent (zh)

COPPER KNOB
BY STEPHEN BRETZ

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Julia Wetzel (USA) - 2011年02月
音樂: No Me Enseñaste - Thalía : (4:29)



前奏 : Intro: 16 counts from start of heavy beat and music (approx. 28 seconds into track)

第一段 Step, Step, ½ Turn R, Step, 1½ Turn L with L Ronde, Behind, Side, Cross Rock, Side

- 1,2&3 Step fw on R (1), step fw on L (2), pivot ½ turn R (&) (weight forward on R), step fw on L (3) 6:00
右足前踏, 左足前踏, 右軸轉180度(重心在右足), 左足前踏(6點鐘)
- 4&5 Turn ½ L stepping back on R (4), turn ½ L stepping fw on L (&), turn ½ L back on R while sweeping L
around from front to back (5) 12:00
左轉180度右足後踏, 左轉180度左足前踏, 左轉180度右足後踏左足由前繞至後(面向12點鐘)
- 6&7 Step L behind R (6), step R to R side (&), cross rock L over R (7) 12:00 左足於右足後踏, 右足右踏, 左
足於右足前交叉下沉(12點鐘)
- 8& Recover back on R (8), step L to L side (&) 12:00
右足回復, 左足左踏(面向12點鐘)

第二段 Step, L Mambo, Cross, Back, Side, Cross, Unwind, Step, ½ Turn R

- 1,2&3 Take a big step fw on R (1), rock fw L (2), recover back on R (&), step L back (3) 12:00
右足前一大步, 左足前下沉, 右足回復, 左足後踏(面向12點鐘)
- 4&5 Cross R over L (&), step L back (4), step R to R side (&), cross L over R (5) 12:00
右足於左足前交叉踏, 左足後踏, 右足右踏, 左足於右足前交叉踏(12點鐘)
- 6,7&8 Unwind ¾ turn R (6) (weight ending on R), step ball of L fw (7), ½ turn R on balls of both feet (&), step L
heel down (8) (weight ending on L) 3:00 右繞轉270度重心在右足, 左足前踏, 右轉190度, 左足踏(3點鐘)

***RESTART after here DURING Wall 5 facing 3:00**

第五面牆跳至此面向3點鐘, 從頭起跳

第三段 Sailor, Diagonal Locks, ¼ turn R, Scissor Cross, Weave, ¾ Turn R

- 1&2& Sweeping R around to step R behind L (1), step L slightly to L side (&), step R to R fw diagonal (2),
close L behind R (&) (moving towards 4:30) 3:00
右足繞至左足後踏, 左足略左踏, 右足斜角前踏, 左足併踏(向4:30移動, 面向3點鐘)
- 3&4 Step R to R fw diagonal (3), close L behind R (&), step R to R fw diagonal (4) (moving towards 4:30)
3:00
右足右斜角前踏, 左足併踏, 右足右斜角前踏(向4:30移動, 面向3點鐘)
- 5,6& Turn ¼ R step L to L side (5), step R next to L (6), cross L over R (&) 6:00 右轉90度左足左踏, 右足併踏,
左足於右足前交叉踏(面向6點鐘)
- 7&8& Step R to R side (7), step L behind R (&), Turn ¼ R step R fw (8), turn ½ R stepping back on L (&) 3:00
右足右踏, 左足於右足後踏, 右轉90度右足前踏, 右轉180度左足後踏(面向3點鐘)

第四段 ½ Turn R, Rock, ¼ Turn L Side, Step, ½ Turn L, ¼ Turn L Side, Behind, Side, Cross Rock, ½ Turn L with R Hitch

- 1 Turn ½ R stepping fw on R (1) 9:00
右轉180度右足前踏(面向9點鐘)
- 2&3 Rock fw L (2), recover back on R (&), ¼ turn L big step to L side on L (3) 6:00 左足前下沉, 右足回復, 左
轉90度左足左一大步(面向6點鐘)
- 4&5 Step fw R (4), pivot ½ turn L (&) (weight ending on L), turn ¼ L big step to R side on R (5) 9:00
右足前踏, 左軸轉180度(重心在左足), 左轉90度右足右一大步(9點鐘)
- 6&7& Step L behind R (6), step R to R side (&), rock L over R (7), recover on R (&) 9:00
左足於右足後踏, 右足右踏, 左足於右足前交叉下沉, 右足回復(9點鐘)
- 8& Turn ¼ L step L fw (8), turn ¼ L hitching R (&) (Weight on L) 3:00
左轉90度左足前踏, 左轉90度膝抬(重心在左足)(面向3點鐘)

***RESTART after here DURING Wall 2 facing 6:00**
第二面牆跳至此面向6點鐘, 從頭起跳

第五段 Step, Sway, Sway, Sway

1 Step R to R side swaying to hip to R (1) 3:00
右足右踏右擺臀(面向3點鐘)

2-4 Sway hip to L (2), Sway hip to R (3), Sway hip to L (4) (Weight on L) 3:00 左擺臀, 右擺臀, 左擺臀(重心
在左足)(面向3點鐘)
