

# Marz and Mummies (zh)

COPPER KNOB  
STYREPOSTETS

拍數: 96      牆數: 2      級數: Advanced  
編舞者: Niels Poulsen (DK) & Maria Maag (DK) - 2010年12月  
音樂: Do What You Do (feat. Pack And Mummies) - Marz : (Album: Marz presents billion dollar ballers)



前奏: Intro: 4 counts from first beat in music (2 secs into track). Weight on L 4拍(約2秒)後起跳

## SECTION A A部份, 32拍, 2面牆

### 第一段 Kick and point, knee pop & cross, side rock, cross shuffle, hold/drag

- 1&2 Kick R fw (1), step R next to L (&), point L to L side (2) 12:00  
右足前踢, 右足併踏, 左足左點(面向12點鐘)
- 3&4 Pop R knee towards L knee rocking onto L (3), recover on R (&), cross L over R (4) 左足踏右膝彈併向左膝, 右足回復, 左足於右足前交叉踏
- 5& Rock R to R side (5), recover weight to L (&)  
右足右下沉, 左足回復
- 6&7-8 Cross R over L (6), step L to L side (&), take a big step crossing R over L (7), hold but drag L towards L side (8) 12:00  
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉一大步, 候(左足拖併)(面向12點鐘)

### 第二段 & rock, ½ shuffle R, fw L coaster, big ball step, drag R

- &1-2 Step L to L side (&), rock fw on R (1), recover on L (2) 12:00  
左足左踏, 右足前下沉, 左足回復(面向12點鐘)
- 3&4 Turn ¼ R stepping R to R side (3), step L next to R (&), turn ¼ R stepping fw R (4) 6:00  
右轉90度右足右踏, 左足併踏, 右轉90度右足前踏(面向6點鐘)
- 5&6 Step fw on L (5), step R next to L (&), step back on L (6)  
左足前踏, 右足併踏, 左足後踏
- &7-8 Step back on R (&), push off R stepping L big step backwards (7), drag R back (8) 6:00 右足後踏, (推右足) 左足後一大步, 右足拖併(面向6點鐘)

### 第三段 Bounce with knee pop X 2, walk fw R L, ½ turn swivel

- 1&2& Step R back bending in R knee and popping L knee fw (1), straighten legs (&), repeat bend/pop (2), straighten legs (&) – weight R 6:00  
右足後踏彎右膝左膝前彈, 雙腿伸直, 再彎彈, 再伸直(重心在右足, 面向6點鐘)
- 3&4& Step L back bending in L knee and popping R knee fw (3), straighten legs (&), repeat bend/pop (4), straighten legs (&) – weight L  
左足後踏彎左膝右膝前彈, 雙腿伸直, 再彎彈, 再伸直(重心在左足)
- 5-6 Walk fw R (5), walk fw L (6) 右足前走, 左足前走
- 7&8 Step fw R (7), swivel L heel almost a ½ L (&), complete ½ turn with L heel and swivel R heel ½ L (8) – weight on R 12:00  
右足前踏, 左足踵向左旋轉180度, 右足踵向左旋轉180度(重心在右足, 面向12點鐘)

### 第四段 & side switches, & kick and point, ball step ½ turn L, step fw R, ½ turn L

- &1&2 Step L next to R (&), point R to R side (1), step R next to L (&), point L to L side (2) 12:00  
左足併踏, 右足右點, 右足併踏, 左足左點(面向12點鐘)
- &3&4 Step L next to R (&), kick R fw (3), step R next to L (&), point L fw (4) 左足併踏, 右足前踢, 右足併踏, 左足前點
- &5-6 Step L next to R (&), step fw R (5), turn ½ L stepping onto L (6)  
左足併踏, 右足前踏, 左轉180度左足踏

- 7-8 Step fw on R (7), turn ½ L stepping onto L (8) 12:00  
 右足前踏, 左轉180度左足踏(面向12點鐘)  
 \* Note: counts 29-32 are different the 2nd, 3rd, 4th and 5th times you do the A section. See phrasing explanation on page 2  
 5-8拍在第二,三,四,五次時有不一樣的跳法, 請看最後說明

## SECTION B B部份, 32拍

### 第一段 Point R 'front back side to side', step 'front front back back', heel 'side to side'

- 1-2 Point R fw (1), point R backwards (2) 12:00  
 右足前點, 右足後點(面向12點鐘)
- 3&4 Point R to R side (3), step R next to L (&), point L to L side (4)  
 右足右點, 右足併踏, 左足左點
- 5&6& Step L fw (5), step R next to L (&), step L back and to L side (6), step R back and to R side (&) 左足前踏, 右足併踏, 左足左後踏, 右足右後踏
- 7&8 Pop L heel to L side (7), return L heel to neutral (&), pop R heel to R side (8) 12:00 左足踵左彈, 左足踵踏, 右足踵右彈(面向12點鐘)

### 第二段 Point R 'front back side to side', step 'front front back back', heel 'side to side'

- 1-2 Point R fw (1), point R backwards (2) 12:00  
 右足前點, 右足後點(面向12點鐘)
- 3&4 Point R to R side (3), step R next to L (&), point L to L side (4)  
 右足右點, 右足併踏, 左足左點
- 5&6& Step L fw (5), step R next to L (&), step L back and to L side (6), step R back and to R side (&)  
 左足前踏, 右足併踏, 左足左後踏, 右足右後踏
- 7&8 Pop L heel to L side (7), return L heel to neutral (&), pop R heel to R side (8) 12:00 左足踵左彈, 左足踵踏, 右足踵右彈 (面向12點鐘)

### 第三段 Hitch R 'up', step R 'down', ½ triple turn 'round and round', bounce heels 'up up down down', full hip roll L 'all around'

- 1-2 Hitch R knee 'up' (1), step R 'down' to R side prepping upper body to R side (2) 12:00 右膝抬, 右足右踏上半身轉向右(面向12點鐘)
- 3&4 Spin ½ L on L (3), step out R (&), step out L (4) 6:00  
 重心在左足左轉180度, 右足右踏, 左足左踏(面向6點鐘)
- &5&6&7&8 Lift heels off the floor (&), step down on heels (5) – repeat heel bounces on &6&7&8 and at the same time roll hips anticlockwise a full turn around ending with weight on L  
 雙足踵離地, 雙足踵踏, 重覆再做次, 同時間以逆時針方向轉臀一圈, 結束重心在左足

### 第四段 Hitch R 'up', step R 'down', ½ triple turn 'round and round', bounce heels 'up up down down', full hip roll L 'all around'

- 1-2 Hitch R knee 'up' (1), step R 'down' to R side prepping upper body to R side (2) 右膝抬, 右足右踏上半身轉向右
- 3&4 Spin ½ L on L (3), step out R (&), step out L (4) 12:00  
 重心在左足左轉180度, 右足右踏, 左足左踏(面向1點鐘)
- &5&6&7&8 Lift heels off the floor (&), step down on heels (5) – repeat heel bounces on &6&7&8 and at the same time roll hips anticlockwise a full turn around ending with weight on L  
 雙足踵離地, 雙足踵踏, 重覆再做次, 同時間以逆時針方向轉臀一圈, 結束重心在左足

## SECTION C C部份, 32拍

### 第一段 R cross rock, & L cross rock, ¼ L, fw R, syncopated mambos L and R

- 1-2& Cross rock R over L (1), recover back on L (2), step R a small step to R side (&) 12:00  
 右足於左足前交叉下沉, 左足回復, 右足略右踏(面向12點鐘)
- 3&4& Cross rock L over R (3), recover back on R (&), turn ¼ L stepping L fw (4), step R fw (&) 9:00  
 左足於右足前交叉下沉, 右足回復, 左轉90度左足前踏, 右足前踏(面向9點鐘)
- 5-6& Rock L fw (5), recover weight back on R (6), step L next to R (&)  
 左足前下沉, 右足回復, 左足併踏

7-8& Rock R fw (7), recover weight back on L (8), step R a small step backwards (&) 右足前下沉, 左足回復, 右足略後踏

**第二段 Cross unwind ½ R, sailor ¼ R with prep, 1½ triple L, step ½ L**

1-2 Cross L over R (1), unwind ½ R on L (2) 3:00

左足於右足前交叉踏, 右繞轉180度重心在左足(面向3點鐘)

3&4 Cross R behind L (3), turn ¼ R stepping L a small step to L side (&), step R fw prepping upper body to R side for L turn (4) (R foot should be pointed slightly to R corner) 6:00

右足於左足後交叉踏, 右轉90度左足略左踏, 右足前踏上半身轉向右準備左轉;右足略右點(面向6點鐘)

5&6 Turn ½ L stepping fw on L (5), turn ½ L stepping back on R (&), turn ½ L stepping fw on L (6) 12:00

左轉180度左足前踏, 左轉180度右足後踏, 左轉180度左足前踏(面向12點鐘)

7-8 Step fw on R (7), turn ½ L stepping fw on L (8) 6:00

右足前踏, 左轉180度左足前踏(面向6點鐘)

**第三段 Ball big step fw, together, knee splits X 2, ¼ L into syncopated mambos L and R**

&1-2 Step R next to L (&), step L a big step fw (1), step R next to L (2) – weight even 6:00

右足併踏, 左足前一大步, 右足併踏(重心在雙腳, 面向6點鐘)

&3&4 Split knees popping them to both sides (&), bring knees together (3), Repeat splits (&4) 雙膝向外彈, 雙膝併, 雙膝向外彈, 雙膝併

&5-6& Turn ¼ L on R (&), rock L fw (5), recover weight back on R (6), step L next to R (&) 3:00

左轉90度重心在右足, 左足前下沉, 右足回復, 左足併踏(面向3點鐘)

7-8& Rock R fw (7), recover weight back on L (8), step R a small step backwards (&) 右足前下沉, 左足回復, 右足略後踏

**第四段 Cross, knee pop ½ turn R, behind side cross, L side mambo ¼ R, walk R L**

1&2 Cross L over R (1), turn ¼ R popping both knees fw (&), turn ¼ R stepping down on L (2) 9:00

左足於右足前交叉踏, 右轉90度雙膝前彈, 右轉90度左足踏(面向9點鐘)

3&4 Cross R behind L (3), step L to L side (&), cross R over L (4)

右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5&6 Rock L to L side (5), turn ¼ R recovering weight to R (&), step fw on L (6) 左足左下沉, 右轉90度右足回復, 左足前踏

7-8 Walk R fw (7), walk L fw (8) 12:00 右足前走, 左足前走(面向12點鐘)

**Ending: Complete your last A, now facing 12:00. Step forward on R with attitude!**

結束: 做完最後一個A部份面向12點鐘, 右足前踏擺個姿勢做結束

**NOTE! Phrasing explanation of the A, B and C sections:**

The 2nd, 3rd, 4th and 5th time you do A you change the last 4 counts (counts 29-32) from 2 half turns to a 4 count walk around ½ turn L walking R L R L.

All of this means that you start your 3rd and 5th A section facing 6:00.

Now section A is a 2 wall dance and as a result you always do B and C facing 12:00!

Tips: In the B section you do what Marz tells you to do... The C section always starts exactly after Marz has started singing 'She said'.

第二, 三, 四, 五次做A部份(Sequence A\*部份), A部份最後4拍(第四段的5-8拍)改做下列動作:以4個走步(右, 左, 右, 左)左轉180度

這也就是說第三及第五次A部份, 都會面向6點鐘, A部份是2面牆, 這樣B及C部份都會由面向12點鐘開始

提示: B部份由Marz教你怎麼做, 當Marz喊She Said時, 開始舞動C部份

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