

S.O.B. (zh)

COPPER KNOB
BY STEPHEN METZ

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Guyton Mundy (USA) - 2009年10月
音樂: Whiskey Drinkin - Mikel Knight



前奏: Intro: 64 counts (29 secs) Start on Main Vocals (Total Song Duration 3m 42s)

A Pattern

- 第一段 Step, Sailor, sailor, tripple, 1/4 turn, 1/4 out, out**
踏, 水手步, 水手步, 小三步轉1/4, 1/4外, 外
- 1,2&3 step forward on left, step right behind left, step together with left, step forward on right 左足前踏, 右足於左足後踏, 左足併踏, 右足前踏
- 4&5 step left behind right, step together with right, step forward on left 左足於右足後踏, 右足併踏, 左足前踏
- &6, 7 step right next to left, step forward on left, make a 1/4 turn to left stepping right o right 右足併踏, 左足前踏, 左轉90度右足右踏
- &8 make a 1/4 turn to left stepping left out, step right out
左轉90度左足左踏, 右足右踏
- 第二段 hip bumps, jazz with half turn, hip rolls 推臀, 爵士方塊轉, 轉臀**
- 1,2 bump hips right, bump hips left, 右推臀, 左推臀
- 3,4,5,6 cross right over left, step back on left, make 1/4 turn to right stepping forward on right, make a 1/4 turn to right stepping left out to left side,
右足於左足前交叉踏, 左足後踏, 右轉90度右足前踏, 右轉90度左足左踏
- 7,8 roll hips from left to right 臀部由左轉至右
- 第三段 toe touches X2, shuffle, step with 1/4, 1/4 turn with clap, knee slap, down 趾點二次, 前交換, 1/4, 1/4拍手, 拍膝, 踏**
- 1,2,3,4 touch right toe forward, step forward on right, repeat with left
右足趾前點, 右足前踏, 左足趾前點, 左足前踏
- 5&6 shuffle forward right, left, right 前交換-右, 左, 右
- 7 make a 1/4 turn to the left while crossing left over right
左轉90度左足於右足前交叉踏
- &8& make a 1/4 turn to the left while clapping right hand down into left and hitching right leg. Slap right knee with right hand, put right foot down next to left
左轉90度右足抬右手拍左手, 右手拍右膝, 右足併踏
- 第四段 arm pop, arm lock, body bop, hold, box glide**
- 1,2,3 pop both arms out to the side and slightly up, bring arms into side(left arm with fist on hip, right arm with fist, with bent elbow out in front, right hand should be out to the right side of your face
雙手伸向外略高,
- 4 Hold 候
- &5,6 press of the ball of the left foot, slide right foot back and to the right and taking weight onto it, make a little more than a 1/4 turn to left while pressing off the ball of the right foot, and sliding left to left and taking weight to it
左足踏, 右足後滑踏, 左轉90度左足左滑踏
- 7,8 make a little more than a 1/4 turn to the left while sliding right foot pass left and taking weight to the ball of the foot, make a little more than a 1/4 turn to the left sliding the left foot into right while rolling down onto the right foot.
左轉90度右足滑向左足踏, 左轉90度左足滑向右足踏
For these counts you will make a full turn 做一個轉圈

B Pattern

- 第一段 kick step, lock step, kick step lock, walk X2, triple half turn.**
踏踏, 鎖踏, 踏踏鎖, 走走, 小三步轉
- 1&2& kick left foot forward, step down on left, lock right behind left, step forward on left
左足前踢, 左足踏, 右足於左足後鎖踏, 左足前踏
- 3&4 kick right foot forward, step down on right, lock left behind right
右足前踢, 右足踏, 左足於右足後鎖踏
- 5,6 walk forward right, left 前走步-右, 左
- 7&8 make a 1/4 turn to left stepping right to right, bring left to right, make a 1/4 turn to left stepping back on right
左轉90度右足右踏, 左足併踏, 左轉90度右足後踏
- 第二段 coaster, triple, out, out, bump. Bump,**
海岸步, 小三步, 外, 外, 推臀, 推臀
- 1&2 step back on left, bring right to left, step forward on left
左足後踏, 右足併踏, 左足前踏
- 3&4 step forward on right, bring left next to right, step forward on right
右足前踏, 左足併踏, 右足前踏
- 5,6 step left out to left, step right out to right
左足左踏, 右足右踏
- 7,8 bump hips right, bump hips left 右推臀, 左推臀
- 第三段 side triple with 1/4, step half turn, triple half, back shuffle**
小三步帶轉1/4, 踏轉, 小三步轉, 後交換
- 1&2 step right to right, bring left to right, make a 1/4 turn to right stepping forward on right
右足右踏, 左足併踏, 右轉90度右足前踏
- 3,4 step forward on left, pivot a half turn to right, stepping down on right 左足前踏, 右軸轉180度, 右足踏
- 5&6 make a 1/4 turn to right stepping left to left, bring right to left, make a 1/4 turn to right stepping back on left
右轉90度左足左踏, 右足併踏, 右轉90度左足後踏
- 7&8 step back on right, bring left to right, step back on right,
右足後踏, 左足併踏, 右足後踏
- 第四段 back rock, recover, triple, side rock, recover, weave with 1/4**
後下沉回復, 小三步, 側下沉回復, 藤步帶轉1/4
- 1,2 rock back on left, recover on right,
左足後下沉, 右足回復
- 3&4 step forward on left, bring right to left, step forward on left
左足前踏, 右足併踏, 左足前踏
- 5,6 rock right to right, recover on left
右足右踏, 左足回復
- 7&8 step right behind left, make a 1/4 turn to left stepping forward on left, step forward on right
右足於左足後踏, 左轉90度左足前踏, 右足前踏
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