

Lets Twist Again (盡情扭扭舞) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
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音樂: Let's Twist Again - Chubby Checker



Intro: 44 counts - (No Tag , No Restart)

Sec 1: KICK BALL POINT - HOLD - HIPS BUMP TWICE

1-4 Kick RF fwd - Step RF beside LF - Point L toe to L - Hold
5-8 Hip bumps twice
1-4 右足前踢 - 右足併踏左足旁 - 左足尖左側點 - 候
5-8 左臀推高放下兩次

Sec 2: KICK BALL POINT 1/4 TURN L - HIPS BUMP TWICE

1-4 Kick LF fwd - Step LF beside RF - 1/4 turn L (9:00) point R toe to R - Hold
5-8 Hip bumps twice
1-4 左足前踢 - 左足併踏右足旁 - 左轉 1/4 (9:00) 右足尖右側點 - 候
5-8 右臀推高放下兩次

Sec 3: LOCK STEP - HOLD - FWD PIVOT 1/2 TURN R - FWD - HOLD

1-4 Step RF fwd - Lock LF behind RF - Step RF fwd - Hold
5-8 Step LF fwd - Pivot 1/2 turn R (3:00) weight on RF - Step LF fwd - Hold
1-4 右足前踏 - 左足鎖於右足後 - 右足前踏 - 候
5-8 左足前踏 - 向右踏轉1/2 (3:00) 重心回右足 - 左足前踏 - 候

Sec 4: V STEP - TWIST

1-4 Step RF diagonal fwd - Step LF diagonal fwd - Step RF back to center - Step LF beside RF
5-8 Twist (R L R L)
1-4 右足右斜前踏 - 左足左斜前踏 - 右足後踏 - 左足併於右足旁
5-8 扭扭舞步 (右 左 右 左)

Have Fun & Happy Dancing !!!

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