

Mr Wang (Mr 旺) (zh)

COPPER KNOB
STEPSHEETS

拍數: 80
編舞者: Nina Chen (TW) - 2018年02月
音樂: Mr Wang (Mr 旺) - Muse Girls

牆數: 1

級數: Phrased Improver



Intro: 32 counts

Sequence: Intro (C), Tag1 / A, A, A, Tag2 / B, B, Tag1 / C, Tag1 / A, A, A, Tag2 / B, B, B, B, Tag1 / C, Tag1

Part A: (24 counts)

A1: JAZZ BOX 1/4 R, (R & L) SIDE - RECOVER - TOGETHER

1-4 Cross RF over LF - Step LF back - 1/4 turn R (3:00) step RF to R - Cross LF over RF
5&6, 7&8 Step RF to R - Recover onto LF - Step RF beside LF, Step LF to L - Recover onto RF - Step LF beside RF
1-4 右足前跨 - 左足後踏 - 向右轉 1/4 (3:00) 右足右踏 - 左足前跨
5&6, 7&8 右足右踏 - 重心回左足 - 右足併踏左足旁, 左足左踏 - 重心回右足 - 左足併踏右足旁

A2: (R & L) DIAGONAL FWD SHUFFLE, (R & L) BUMP HIPS

1&2, 3&4 Step RF slightly diagonal fwd - Step LF behind RF - Step RF slightly diagonal fwd, Step LF slightly diagonal fwd - Step RF behind LF - Step LF slightly diagonal fwd
5&6, 7&8 Bump hips (R L R) (L R L)
1&2, 3&4 右足略右斜前踏 - 左足鎖於右足後 - 右足略右斜前踏, 左足略左斜前踏 - 右足鎖於左足後 - 左足略左斜前踏
5&6, 7&8 推臀 (右 左 右) (左 右 左)

A3: (R & L) ROLLING VINE - POINT

1-4 1/4 turn R (6:00) step RF fwd - 1/2 turn R (12:00) step LF back - 1/4 turn R (3:00) step RF to R - Point L toes to L (clap)
5-8 1/4 turn L (12:00) step LF fwd - 1/2 turn L (6:00) step RF back - 1/4 turn L (3:00) step LF to L - Point R toes to R (clap)
1-4 向右轉 1/4 (6:00) 右足前踏 - 向右轉 1/2 (12:00) 左足後踏 - 向右轉 1/4 (3:00) 右足右踏 - 左足尖左點
5-8 向左轉 1/4 (12:00) 左足前踏 - 向左轉 1/2 (6:00) 右足後踏 - 向左轉 1/4 (3:00) 左足左踏 - 右足尖右點

Part B (Intro dance): (32 counts)

B1: CROSS ROCK - LOCK, CROSS SHUFFLE, HIP BUMPS

1-2, 3&4 Cross RF over LF - Step LF behind RF, Cross RF over LF - Step LF behind RF - Cross RF over LF
5-8 Rock LF to L while bump hips index hand from left to right (3counts) - Recover on RF
1-2, 3&4 右足前跨 - 左足鎖踏右足後, 右足前跨 - 左足鎖踏右足後 - 右足前跨
5-8 左足左下沉同時推臀並且加上手部由右到左移動 (三拍) - 重心回右足

B2: CROSS ROCK - TOGETHER, CROSS SHUFFLE, HIP BUMPS

1-2, 3&4 Cross LF over RF - Step RF behind LF, Cross LF over RF - Step RF behind LF - Cross LF over RF
5-8 Rock RF to R while bump hips index hand from left to right (3counts) - Recover on LF
1-2, 3&4 左足前跨 - 右足鎖踏右足後, 左足前跨 - 右足鎖踏右足後 - 左足前跨
5-8 右足右下沉同時推臀並且加上手部由左到右移動 (三拍) - 重心回左足

B3: JAZZ BOX 1/4 R (x2)

1-4 Cross RF over LF - Step LF back - 1/4 turn R (3:00) step RF to R - Cross LF over RF
5-8 Cross RF over LF - Step LF back - 1/4 turn R (6:00) step RF to R - Cross LF over RF
1-4 右足前跨 - 左足後踏 - 向右轉 1/4 (3:00) 右足右踏 - 左足前跨

5-8 右足前跨 - 左足後踏 - 向右轉 1/4 (6:00) 右足右踏 - 左足前跨

Part C (Intro dance): (32 counts)

C1: GRAPEVINE - TOUCH, SIDE - BEHIND, 1/4 L FWD SHUFFLE

1-4 Step RF to R - Step LF behind RF - Step RF to R - Touch LF beside RF
5-6, 7&8 Step LF to L - Step RF behind LF - 1/4 turn L (9:00) fwd shuffle (L R L)
1-4 右足右踏 - 左足後跨 - 右足右踏 - 左足點於右足旁
5-8 左足左踏 - 右足後跨, 左轉 1/4 (9:00) 前交換步 (左 右 左)

C2: GRAPEVINE - TOUCH, SIDE - BEHIND, 1/4 L FWD SHUFFLE

1-4 Step RF to R - Step LF behind RF - Step RF to R - Touch LF beside RF
5-6, 7&8 Step LF to L - Step RF behind LF - 1/4 turn L (6:00) fwd shuffle (L R L)
1-4 右足右踏 - 左足後跨 - 右足右踏 - 左足點於右足旁
5-8 左足左踏 - 右足後跨, 左轉 1/4 (6:00) 前交換步 (左 右 左)

C3: GRAPEVINE - TOUCH, SIDE - BEHIND, 1/4 L FWD SHUFFLE

1-4 Step RF to R - Step LF behind RF - Step RF to R - Touch LF beside RF
5-6, 7&8 Step LF to L - Step RF behind LF - 1/4 turn L (3:00) fwd shuffle (L R L)
1-4 右足右踏 - 左足後跨 - 右足右踏 - 左足點於右足旁
5-8 左足左踏 - 右足後跨, 左轉 1/4 (3:00) 前交換步 (左 右 左)

C4: GRAPEVINE - TOUCH, SIDE - BEHIND, 1/4 L FWD SHUFFLE

1-4 Step RF to R - Step LF behind RF - Step RF to R - Touch LF beside RF
5-6, 7&8 Step LF to L - Step RF behind LF - 1/4 turn L (12:00) fwd shuffle (L R L)
1-4 右足右踏 - 左足後跨 - 右足右踏 - 左足點於右足旁
5-8 左足左踏 - 右足後跨, 左轉 1/4 (12:00) 前交換步 (左 右 左)

Tag1: (4 counts)

STOMP - HOLD - HEEL STRUT TWICE

1-4 Stomp RF fwd - Hold - Lift both heel twice
1-4 右足前重踏 - 停拍 - 抬放雙足跟兩次

Tag2: (8 counts)

JAZ BOX 1/4 R, JAZ BOX

1-4 Cross RF over LF - Step LF back - 1/4 turn R (12:00) step RF to R - Cross LF over RF
5-8 Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF
1-4 右足前跨 - 左足後踏 - 向右轉 1/4 (12:00) 右足右踏 - 左足前跨
5-8 右足前跨 - 左足後踏 - 右足右踏 - 左足前跨

Have Fun & Happy Dancing !!!

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