

No Gravity (無重力) (zh)

COPPER KNOB
STEPPERS

Count: 32

Wall: 4

Level: Improver

Choreographer: Dee Musk (UK) - 2011年01月

Music: No Gravity - Shontelle : (CD: No Gravity - 3:34)



前奏 : 32 count intro from the heavy beat. Approx 15 seconds. 32拍(約15秒)後起跳

第一段 Side Touch, Kick Ball Cross, Side Rock, Behind Side Cross.
左踏 併點, 踢 併 交叉, 右下 沉 回復, 後 旁 前

- 1,2 Step L to L side, touch R beside L. 左足左踏, 右足併點
- 3&4 Kick R to R diagonal, step R to R side, cross step L over R.
右足右斜角前踢, 右足右踏, 左足於右足交叉踏
- 5,6 Rock R to R side, recover weight to L. 右足右下 沉, 左足回復
- 7&8 Cross step R behind L, step L to L side, cross step R over L. (12 o'clock).
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏(面向12點鐘)

第二段 Point Cross, ¼ Turn L Side, Cross Rock, Side Shuffle.
左點 交叉, 左1/4後 左踏, 交叉下 沉 回復, 右追步

- 1,2 Point L to L side, cross step L over R.
左足左點, 左足於右足前交叉踏
- 3,4 Making a ¼ turn L step back on R, step L to L side.
左轉90度右足後踏, 左足左踏
- 5,6 Cross rock R over L, recover weight to L.
右足於左足前交叉下 沉, 左足回復
- 7&8 Step R to R side, step L beside R, step R to R side. (9 o'clock).
右足右踏, 左足併踏, 右足右踏(面向9點鐘)

第三段 Cross Rock, Shuffle ¼ Turn L, Forward Rock, Coaster Cross.
交叉下 沉 回復, 左1/4轉交換, 下 沉 回復, 海岸交叉

- 1,2 Cross rock L over R, recover weight to R.
左足於右足前交叉下 沉, 右足回復
- 3&4 Step L to L side, step R beside L, make a ¼ turn L stepping forward on L. 左足左踏, 右足併踏, 左轉90度
左足前踏
- 5,6 Rock forward on R, recover weight to L.
右足前下 沉, 左足回復
- 7&8 Step back on R, step L beside R, cross step R over L. (6 o'clock).
右足後踏, 左足併踏, 右足於左足前交叉踏(面向6點鐘)

RESTART: DURING wall 10, dance up to and including count 24 then begin again facing 9 o'clock wall. 第十面牆跳至此, 面向9點鐘, 從頭起跳

第四段 Rock ¼ Turn R, Shuffle ½ Turn R, Back Rock, Shuffle Forward.
左下 沉 回復右1/4, 轉交換, 後下 沉 回復, 前交換

- 1,2 Rock L to L side, recover weight to R making a ¼ turn R.
左足左下 沉, 右足回復右轉90度
- 3&4 Shuffling ½ turn R stepping, L, R, L. (now facing 3 o'clock).
右180度轉交換-左, 右, 左(面向3點鐘)
- 5,6 Rock back on R, recover weight to L.
右足後下 沉, 左足回復
- 7&8 Step forward on R, step L beside R, step forward on R. (3 o'clock).
右足前踏, 左足併踏, 右足前踏(面向3點鐘)