

Anything Goes (一無所有) (zh)

COPPER KNOB
STEPPERS

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Kate Sala (UK) & Sharon Newey (UK) - 2009年01月

Music: Anything Goes - Randy Houser



前奏： There is a very short intro. Count 5 6 7 8 from the first heavy beat. You will begin the dance 1 beat before the vocals 算5678後唱歌起跳

- 第一段** **Ronde R, Touch Behind, Reverse 1/2 Turn R, Step 1/2 Turn L, Step Back With Sway, Sway Forward, Sway Back, Step Together, Step Forward.**
右足繞, 後點, 右轉1/2, 踏轉1/2, 後踏擺臀, 前擺臀, 後擺臀, 踏併, 前踏
- 12 Ronde R foot full circle clockwise. Touch R toe behind L heel.
右足順時針方向繞向後, 右足趾於左足踵後點
- 3 Reverse 1/2 turn R taking weight on R & facing the back wall.
右轉180度重心在右足(面向後面牆)
- 4&5 Step forward on L. Turn 1/4 L stepping R to R side. Turn 1/4 L stepping back on L and swaying the hips back at the same time. (12 o'clock).
左足前踏, 左轉90度右足右踏, 左轉90度左足後踏後推臀(面向12點鐘)
- 67 Sway hips forward. Sway hips back. 前推臀, 後推臀
- 8& Step on the ball of the R next to L. Step forward on L.
右足併踏, 左足前踏
- 第二段** **Turn 1/4 L With Night Club Step R, Turn 1/4 L, Step, 1/2 Turn L, Step Forward, Step, 1/4 Turn R, Step Forward, Step, 1/2 Turn L, Step Forward With Spiral Turn L.**
左1/4右基本步, 左1/4, 踏轉踏, 踏1/4踏, 踏轉踏帶轉圈
- 12& Turn 1/4 L stepping long step to R side. Cross rock behind on L. Recover on to R. 左轉90度右足右一大步, 左足後交叉下沉, 右足回復
- 3 Turn 1/4 L stepping forward on L. (6 o'clock).
左轉90度左足前踏(面向6點鐘)
- 4&5 Step forward on R. Pivot 1/2 turn L. Step forward on R.
右足前踏, 左轉180度, 右足前踏
- 6&7 Step forward on L. Pivot 1/4 turn R. Step forward on L.
左足前踏, 右轉90度, 左足前踏
- 8&1 Step forward on R. Pivot 1/2 turn L. Step forward on R picking up L foot into a spiral full turn L. (9 O'clock).
右足前踏, 左轉180度, 右足前踏左足抬左轉圈(面向9點鐘)
(Option- You can leave out the full turn簡易版-省略轉圈)
- 第三段** **Rock Forward On L, Recover With Sweep, Sailor Step With Sways, Turn 1/4 L, Cross Step, Side Step, Back Step.**
下沉 回復帶繞, 水手步帶擺臀, 左1/4, 交叉 左 後
- 23 Rock forward on L. Rock back on to R sweeping L out to L side.
左足前下沉, 右足後回復左足繞至左
- 4&5 Cross step L behind R. Step R out to R side. Step L to L side swaying hips L. 左足於右足後交叉踏, 右足右踏, 左足左踏左擺臀
- 67 Sway hips R. Turn 1/4 L stepping forward on L.
右擺臀, 左轉90度左足前踏
- 8&1 Cross step R over L. Step L to L side and slightly back. Step back on R. 右足於左足前交叉踏, 左足略左後踏, 右足後踏

第四段	Rock Back, Recover, Step Forward, Full Turn L, Basic Night Club Stepping R, Step L, Knee prep 後下沉 回復, 踏 轉 轉, 右基本步, 左踏, 膝轉
23	Rock back on to L. Rock forward on to R. 左足後下沉, 右足前回復
4&5	Step forward on to L. Turn 1/2 L stepping back on R. Turn 1/2 L stepping forward on L. 左足前踏, 左轉180度右足後踏, 左轉180度左足前踏
67&	Long step R to R side. Cross rock L behind R. Recover on to R. 右足右一大步, 左足於右足後交叉下沉, 右足回復
8	Long step L to L side.左足左一大步
&	Bring R knee in towards L & turned in & relax L knee to prepare for the Ronde. 右膝向左轉準備做 繞的動作
