

Cool Chick (酷雞) (zh)

COPPER KNOB
STEPPERS

Count: 64

Wall: 4

Level: Improver

Choreographer: Robbie McGowan Hickie (UK) - 2009年05月

Music: Please Mama Please - Go Cat Go : (CD: Billy, Vol 1 - Various Artists)



前奏 : Start 16 Counts from Main Beat 16拍後起跳

第一段 Left Lock Step Forward. Scuff. Right Mambo Forward. Hold.
左前鎖步, 擦踢, 右前曼波, 候

1-4 Step forward on Left. Lock step Right behind Left. Step forward on Left. Scuff Right forward.
左足前踏, 右足於左足後鎖步, 左足前踏, 右足前擦踢

5-8 Rock forward on Right. Rock back on Left. Step back on Right. Hold.
右足前下沉, 左足後下沉, 右足後踏, 候

第二段 Toe Struts Back (Left & Right). Left Coaster Step. Hold.
後趾踵(左 & 右), 左海岸步, 候

1-4 Step back on Left toe. Drop Left heel to floor. Step back on Right toe. Drop Right heel to floor.
左足趾後點, 左足踵踏, 右足趾後點, 右足踵踏

5-8 Step back on Left. Step Right beside Left. Step forward on Left. Hold. 左足後踏, 右足併踏, 左足前踏

Option: Counts 1 – 4 above ... Left toe strut 1/2 turn Left. Right toe strut 1/2 turn Left. 左轉180度左趾踵, 左轉180度右趾踵
選擇版

第三段 Charleston Steps with Holds. 查爾斯頓步帶候

1-2 Sweep Right Out and Around from Back to Front – Kicking Right forward across Left. Hold. 右足由後繞至前, 右足於左足前踢, 候

3-4 Step back on Right. Hold. 右足後踏, 候

5-8 Touch Left toe back. Hold. Step forward on Left. Hold. (Facing 12 o'clock) 左足趾後點, 候, 左足前踏, 候(面向12點鐘)

第四段 Right Side Step. Together. Step Forward. Hitch. Left Side Step. Together. 1/4 Turn Left. Hold.
右側踏, 併, 前踏, 抬, 左側踏, 併, 左1/4, 候

1-4 Step Right to Right side. Close Left beside Right. Step forward on Right. Hitch Left knee across Right.
右足右踏, 左足併踏, 右足前踏, 左膝於右足前交叉抬

5-8 Step Left to Left side. Close Right beside Left. Make 1/4 turn Left stepping forward on Left. Hold.
左足左踏, 右足併踏, 左轉90度左足前踏, 候

Ending: Music Ends DURING Wall 8 (Facing 9 o'clock) ... To End with the Music, dance up to Count 32 ... then Pivot 1/2 turn Right to End Facing Front Wall!

結束: 第八面牆(面向9點鐘)音樂結束時跳到第32拍, 右轉180度面向前面牆

第五段 Right Cross Toe Strut. Left Side Toe Strut. Right Sailor Step with Hold. 右交叉趾踵, 左側趾踵, 右水手帶候

1-2 Cross step Right toe over Left. Drop Right heel to floor. (Facing 9 o'clock) 右足趾於左足前交叉點, 右足踵踏(面向9點鐘)

3-4 Step Left toe to Left side. Drop Left heel to floor.
左足趾左點, 左足踵踏

5-8 Cross Right behind Left. Step Left beside Right. Step Right to Right side. Hold. 右足於左足後交叉踏, 左足併踏, 右足右踏, 候

第六段 Left Cross Toe Strut. Right Side Toe Strut. Left Sailor Step with Hold. 左交叉趾踵, 右側趾踵, 左水手帶候

1-2 Cross step Left toe over Right. Drop Left heel to floor.
左足趾於右足前交叉點, 左足踵踏

3-4 Step Right toe to Right side. Drop Right heel to floor.
右足趾右點, 右足踵踏

5-8 Cross Left behind Right. Step Right beside Left. Step Left to Left side. Hold. 左足於右足後交叉踏, 右足併踏, 左足左踏, 候

第七段 Cross. Hold. 1/4 Turn Right. Hold. Right Sailor Step 1/4 Turn Right with Hold. 交叉, 候, 右1/4, 候, 右轉1/4水手, 候

1-4 Cross step Right over Left. Hold. Make 1/4 turn Right stepping back on Left. Hold. 右足於左足前交叉踏, 候, 右轉90度左足後踏, 候

5-6 Sweep/Cross Right behind Left making 1/4 turn Right. Step Left beside Right. 右轉90度右足繞至左足後, 左足併踏

7-8 Step forward on Right. Hold. (Facing 3 o'clock)
右足前踏, 候(面向3點鐘)

第八段 Left Mambo Forward. Hold. Right Coaster Step. Hold.
左前曼波, 候, 右海岸步, 候

1-4 Rock forward on Left. Rock back on Right. Step back on Left. Hold.
左足前下沉, 右足後下沉, 左足後踏, 候

5-8 Step back on Right. Step Left beside Right. Step forward on Right. Hold. (Facing 3 o'clock)
右足後踏, 左足併踏, 右足前踏, 候(面向3點鐘)
