

Sister Kate (凱特姐姐) (zh)

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Ria Vos (NL) - 2009年05月

Music: Sister Kate - The Ditty Bops



前奏 : Intro: 8 counts from first beat 8拍後起跳

- 第一段** Toe Struts R & L, Kick-Ball-Step, Pivot ½ Turn R, ¼ Turn R Step Side, Point Back, Kick-Ball-Cross
趾踵步-右, 左, 踢-併-踏, 右1/2, 右1/4側踏, 後點, 踢-併-交叉
- 1&2& R Toe Strut Fwd, L Toe Strut Fwd (Shimmy Shoulders)
右前趾踵步, 左前趾踵步(雙肩擺動)
- 3&4 R Kick Fwd, Step on Ball of R Next to L, Step Fwd on L
右足前踢, 右足併踏, 左足前踏
- 5 Pivot ½ Turn Right 右軸轉180度(面向6點鐘)
- 6-7 Turn ¼ Right Step L Long Step to Left Side, Point R Behind L (Option: Throw Arms Left)
右轉90度左足左一大步(面向9點鐘), 右足於左足後點(雙手向左甩)
- 8&1 R Kick to Right Diagonal, Step on Ball of R Next to L, Cross L over R 右足右斜前踢, 右足併踏, 左足於右足前交叉踏
- 第二段** Heel Jack with Heel Grind, Rock Back, Rec., Touch, Knee Split, Kick-Out-Out 踵併踵轉, 後下沉回復, 點, 膝分合, 踢外外
- 8&2 Step R Slightly to Right Side, Touch L Heel to Left Diagonal
右足略右踏, 左足踵左斜前點
- 8&3& Step L next to R, Heel Grind R Over L, Step L to Left Side
左足併踏, 右足踵於左足前轉, 左足左踏
- 4-5 Rock Back on R (Sticking Bum Out), Recover on L
右足後下沉(推臀), 左足回復
- 8&6& Touch R Next to L, Split Knees Apart, Bring Knees Together
右足併點, 雙膝分開, 雙膝合併
- 7&8 Kick R Fwd, Step R Out to Right Side, Step L Out to Left Side (Feet Shoulder Width Apart) 右足前踢, 右足右踏, 左足左踏(與肩同寬)
- 第三段** Swivets, Toe Struts Backwards, Coaster Step, Triple Full Turn Right
旋轉, 趾踵後踏, 海岸步, 右小三步轉圈
- 1& Weight on L Toe and R Heel Twist Both Feet So Toes are Pointing Right, Recover to Centre(重心在左足趾和右足踵)雙腳轉向右, 回復
- 2& Weight on R Toe and L heel Twist Both Feet So Toes are Pointing Left, Recover to Centre(重心在右足趾和左足踵)雙腳轉向左, 回復
- 3&4& R Toe Strut Backwards (Option: Klick Fingers R), L Toe Strut Backwards (Option: Klick Fingers L)
右足趾趾後踏(右手指彈), 左足趾踵後踏(左手指彈)
- 5&6 Step Back on R, Step L Next to R, Step Fwd on R
右足後踏, 左足併踏, 右足前踏
- 7&8 Turn ½ Right Step Back on L, Turn ½ Right Step Fwd on R, Step Fwd on L 右轉180度左足後踏, 右轉180度右足前踏, 左足前踏
- 第四段** Pivot ¼ Turn Left x2, Charleston Step
左踏轉1/4二次, 查爾斯頓步
- 1-2 Step Fwd on R, Pivot ¼ Turn L 右足前踏, 左轉90度
- 3-4 Step Fwd on R, Pivot ¼ Turn L 右足前踏, 左轉90度
- 5-6 Touch R Toe Fwd, Step Back on R 右足趾前點, 右足後踏
- 7-8 Touch L Toe Backwards, Step Fwd on L 左足趾後點, 左足前踏

TAG: AFTER wall 1 (3:00), 3 (9:00) and 6 (6:00)

加拍：第一面牆(面向3點鐘), 第三面牆(面向9點鐘), 第六面牆(面向6點鐘)

(Tags OCCUR after every vocal part) 每次加拍都落在唱歌最後段

1-4 Repeat Last 4 Counts (Charleston Step) 重覆最後的查爾斯頓步

ENDING: You will end on Count 16 (Kick-Out-Out), Turn $\frac{1}{4}$ Left after the Kick, so the Out-Out Steps will be facing front (12:00)

結束在第二段結束(踢-外-外), 在踢之後左轉90度再外-外會面向12點鐘做結束
