

Just Can't Get Enough (無法滿足) (zh)

COPPER KNOB
STEPSHEETS

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Craig Bennett (UK) - 2009年03月

Musik: Just Can't Get Enough - The Saturdays : (CD: Red Nose Day)



第一段 Touch Forward, Side, Behind Side Cross, Hitch, Jazz Box 前點, 側, 後旁交叉, 抬, 爵士方塊

- 1-2 Touch right toe forward, Touch right toe to right side
右足趾前點, 右足趾右點
- 3&4 Step right behind left, step left to left side, Cross right in front of left 右足於左足後踏, 左足左踏, 右足於左足前交叉踏
- 5&6 Hitch left knee up, Step left next to right, cross right over left 左膝抬, 左足併踏, 右足於左足前交叉踏
- 7-8 Step back onto left, step right to right side
左足後踏, 右足右踏

第二段 Cross Shuffle, Rock ¼ Turn, Right Shuffle, Step ½ Turn 交叉交換, 下沉轉1/4, 右前交換, 踏轉1/2

- 1&2 Cross left over right, step right to right side, cross left over right 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏
- 3-4 Rock right to right side, recover onto left making a ¼ turn left (9) 右足右下沉, 左足回復左轉90度(面向9點鐘)
- 5&6 Step forward onto right, close left to right, step forward onto right 右足前踏, 左足併踏, 右足前踏
- 7-8 Step forward onto left, make ½ turn pivot right,
左足前踏, 右轉180度

第三段 Cross Touch, Touch And Touch, Cross Touch, Together Hitch 交叉點, 點點, 交叉點, 併抬

- 1-2 Cross left over right, Touch right toe to right side
左足於右足前交叉踏, 右足趾右點
- 3-4 Touch right toe across left, Touch right toe to right side
右足趾於左足前交叉點, 右足趾右點
- 5-6 Cross right over left (taking weight), Touch left toe to left side 右足於左足前交叉踏, 左足趾左點
- 7-8 Touch left toe next to right, Hitch left knee up
左足趾併點, 左膝抬

第四段 Rock, Recover, Left Shuffle, Step ½ Turn, Coaster Point 下沉回復, 左前交換, 踏轉1/2, 海岸點

- 1-2 Rock back onto left, Recover weight onto right
左足後下沉, 右足回復
- 3&4 Step forward onto left, step right next to left, step forward onto left 左足前踏, 右足併踏, 左足前踏
- 5-6 Step forward on to right, Make a ½ turn right stepping back onto left 右足前踏, 右轉180度左足後踏
- 7&8 Step back onto right, step left next to right, touch right to right side 右足後踏, 左足併踏, 右足右點