

Lucky Punch (幸運一擊) (zh)

COPPER KNOB
STEPSHEETS

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Robbie McGowan Hickie (UK) - 2010年08月

Musique: Lucky Punch - Lou Bega : (CD: Free Again)



前奏 : 16 Count intro 16拍起跳

第一段 Hip Bumps. Behind. Side. Cross. Left Side Rock. Recover 1/4 Turn Left. Left Lock Step Back.
推臀-前後前後, 後 旁 前, 左下沉 回復左1/4, 後鎖步

1& Touch Right toe Diagonally forward Right - Bumping hips forward. Bump hips back. 右足趾斜前點前推臀, 後推臀

2& Bump hips forward. Bump hips back.
前推臀, 後推臀

3&4 Cross Right behind Left. Step Left to left side. Cross step Right over Left. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

5-6 Rock Left out to Left side. Recover weight on Right making 1/4 turn Left.
左足左下沉, 右足回復左轉90度

7&8 Step back on Left. Lock step Right across Left. Step back on Left. (Facing 9 o'clock) 左足後踏, 右足於左足前鎖踏, 左足後踏(面向9點鐘)

Option: Count 1 above ... Push Hands Up to Right Side, Clicking Fingers Up ... Repeat on Count 2 第1拍雙手舉向右邊, 彈指, 第2拍重覆

第二段 1/2 Turn Right x2. Right Mambo Back & Kick. Cross Samba (Right & Left).
轉 轉, 後曼波帶踢, 交叉森巴, 交叉森巴

1-2 Make 1/2 turn Right stepping forward on Right. Make 1/2 turn Right stepping back on Left. 右轉180度右足前踏, 右轉180度左足後踏

3&4 Rock back on Right. Rock forward on Left. Kick Right Diagonally forward Right. 右足後下沉, 左足回復, 右足斜前踢

5&6 Cross step Right Forward over Left. Rock Left to Left side. Recover weight on Right. 右足於左足前交叉踏, 左足左下沉, 右足回復

7&8 Cross step Left Forward over Right. Rock Right to Right side. Recover weight on Left. 左足於右足前交叉踏, 右足右下沉, 左足回復

Note: 5-8 above ... Should Travel Slightly Forward.
5-8拍會略向前移

第三段 Cross. 1/4 Turn Right. Right Shuffle 1/2 Turn Right. Left Mambo Forward. Right Mambo Back. 交叉, 1/4, 轉交換, 前曼波, 後曼波

1-2 Cross step Right over Left. Make 1/4 turn Right stepping back on Left. (Facing 12 o'clock) 右足於左足前交叉踏, 右轉90度左足後踏(面向12點鐘)

3&4 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 6 o'clock) 右180度轉交換-右, 左, 右(面向6點鐘)

5&6 Rock forward on Left. Rock back on Right. Step back on Left.
左足前下沉, 右足回復, 左足後踏

7&8 Rock back on Right. Rock forward on Left. Step forward on Right.
右足後下沉, 左足回復, 右足前踏

第四段 Forward Rock. Sailor Cross 3/4 Turn Left. Side Step Right. Drag. Side Step Left. Together. Forward.

下沉, 轉3/4水手交叉, 右大步, 拖併, 左 併 前

- 1-2 Rock forward on Left. Rock back on Right.
左足前下沉, 右足回復
- 3& Cross Left behind Right making 1/2 turn Left. Step Right beside Left making 1/4 turn Left.
左足於右足交叉左轉180度, 左轉90度右足併踏
- 4 Cross step Left over Right. 左足於右足前交叉踏
- 5-6 Long step Right to Right side. Drag/Slide Left beside Right. (Weight on Right) 右足右一大步, 左足拖併(重心在右足)
- 7&8 Step Left to Left side. Close Right beside Left. Step forward on Left. (Facing 9 o'clock) 左足左踏, 右足併踏, 左足前踏(面向9點鐘)
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