

Huangsang's girl (黄桑姑娘) (zh)

COPPER KNOB
BY STEPHEN

Compte: 116

Mur: 2

Niveau: Phrased Intermediate and
Advanced



Chorégraphe: Ping Tang & Yilin Li - 2015年06月

Musique: Huang Sang Gu Niang by Lei Chun

拍数 : A : 32拍 - B : 32拍 - C : 20拍 - D:32拍(B组的镜像动作)
T1 : 8拍 - T2 : 8拍 - T3 : 20拍

舞序 : AT1BC+AT1BC(前16拍)+T2T1T1T1T3+AT1 BD +结尾16拍
Dance Sequence: AT1BC+AT1BC (1-16) +T2T1 T1 T1T3+AT1BD+Ending

前奏 : 44拍

Intro: 44 counts. Begin on main vocals

A : (32拍) 左脚起步

Part A: (32 counts)

A[1-8] step, beside, step, touch cross, step, beside, step, touch cross

- 1234 左脚向旁踏, 重心移至左脚; 右脚并步至左脚旁, 重心移至右脚; 左脚向旁踏, 重心移至左脚; 右脚交叉脚尖前点地, 重心保持左脚上;
- 1234 step left to left, step right beside left, step left to left, touch right cross left
- 5678 右脚向旁踏, 重心移至右脚; 左脚并步至右脚旁, 重心移至左脚; 右脚向旁踏, 重心移至右脚; 左脚交叉脚尖前点地, 重心保持右脚上;
- 5678 step right to right, step left beside right, step right to right, touch left cross right

A[2-8] step, step, forward, forward, forward, step, turn full, in place, in place

- 12 左脚向旁踏, 右脚单勾腿屈膝关胯收至左脚旁; 右脚向旁踏, 左脚单勾腿屈膝关胯收至右脚旁;
- 12 step left to left and flick right out, step right to right and hitch left up
- 3&4 左脚前踏, 右脚单勾腿屈膝关胯收至左脚旁; 右脚向前踏, 左脚单勾腿屈膝关胯收至右脚旁; 左脚前踏, 右脚单勾腿屈膝关胯收至左脚旁;
- 3& 4 step left forward and hitch right up, step right forward and hitch left up, step left forward and flick right out
- 5678 右脚向旁侧踏, 重心移至右脚; 左脚上吸开胯屈膝单勾腿, 右脚定轴旋转360度(左至右); 左脚原地踏步; 右脚原地踏步;
- 5678 step right to right, turn full right and hitch left up, step left in place, step right in place.

A[3-8] 1/4 turn step, cross, 1/2unwind, recover, 1/4 turn, beside, step, beside

- 1234 身左转90度(9点), 顶左髋左脚向后(6点)迈步, 重心在左脚, 右脚脚尖旁点; 身保持(9点), 右脚前交叉, 重心移至右脚; 身右后转180度(3点), 顶左髋左脚向前(12点)迈步, 右脚脚尖旁点; 身保持(3点), 顶右髋移重心至右脚, 左脚脚尖旁点;
- 1234 turn 1/4 left step left to side, cross right over left, unwind 1/2 left, recover to right and touch left to left (3:00)
- 5678 身右转90度(6点), 左脚上步左旁踏, 重心移至左脚; 右脚并步至左脚旁, 重心移至右脚; 左脚向旁踏, 重心移至左脚; 右脚并步至左脚旁, 重心移至右脚;
- 5678 turn 1/4 right step left to left, step right beside left, step left to left, step right beside left(6:00)

A[4-8] 5/8 turn forward, forward, run forward(x3), 1/4 turn side, touch, 1/4 turn side, touch

- 12 身左转225度(10:30)左脚前迈步重踏, 右脚后抬勾腿屈膝关胯至左脚旁; 右脚向前迈步, 重心移至右脚;
- 12 turn 5/8 left step left forward, step right forward
- 3&4 左脚、右脚、左脚连续地向前三连步跑;
- 3&4 run forward left, right, left
- 56 身对(1:30)右脚侧踏, 重心移至右脚; 左脚脚尖旁点, 重心保持右脚上;
- 56 turn 1/4 right step right to right side, touch left to left side (1:30)

78 身对 (10:30) 左脚原地踏步，重心移至左脚；右脚脚尖旁点，重心保持左脚上；
78 turn 1/4 right step left to left side, touch right to right side (10:30)

B : (32拍) 右脚起步

Part B: (32 counts)

B[1-8] rocking chair step, Rolling Vine R

1234 (摇椅步)，右脚前踏；左脚原地踏；右脚后踏；左脚原地踏；
1234 rock step right forward, recover on left, rock step right back, recover on left,
5678 (转身藤步) 身转90度，右脚向前迈步 (3点)，重心移至右脚；左脚退步带动上体右转180度 (9点)，重心移至左脚；身转90度右脚旁步 (12点)，重心移至右脚；左脚并右脚身，重心移至右脚；
5678 1/4 Turn right step right forward, 1/2 turn right step left back, 1/4 turn right step right to right, touch left beside right (12:00)

B[2-8] 1/4 turn rock side, hop flicking, 1/4 turn side flicking, 1/4 turn side flicking, side flicking, 1/2 turn forward flicking

1&2 身转90度 (9点)，右顶髌右脚向前迈步，重心移至右脚，右脚原地小跳左脚单勾腿屈膝开胯收至左脚旁；身转90度 (12点)，左脚原地踏步，重心移至左脚，右脚单勾腿屈膝开胯收至左脚旁；
1&2 1/4 turn left rock step right to right side, hop right flicking left back, 1/4 turn right step left to left side flicking right back(12:00)
3&4 身转90度 (3点)，右顶髌右脚向前迈步，重心移至右脚，左脚单勾腿屈膝开胯收至左脚旁；身保持 (3点)，左脚落在右脚旁顶左髌，重心移至左脚，右脚吸在左脚旁；右脚向前迈步 (6点)，重心移至右脚，左脚单勾腿屈膝开胯收至右脚旁，带动身转180度 (9点)；
3&4 1/4 turn right rock step right to right side flicking left back, step left to left side flicking right back, 1/2 turn right step right forward flicking left back(9:00)
5&6 左脚侧踏步顶左髌，重心移至左脚，右脚单勾腿屈膝开胯收至左脚旁；右脚落在左脚旁顶右髌，重心移至右脚，左脚吸在右脚旁；左脚向前迈步 (6点)，重心移至左脚，右脚单勾腿屈膝开胯收至左脚旁，带动身转180度 (3点)；
5&6 rock step left to left side flicking right back, rock step right to right side flicking left back, 1/2 turn left step left forward flicking right back(3:00)
78 身保持 (3点)，右脚向旁侧踏，重心移至右脚；左脚并步在右脚旁，重心移至左脚；
78 step right to right side, step left beside right

B[3-8] 3/4 turn step, step, 2/4 turn hop flicking, back kicking ball(x3),beside

1&2& 右脚原地踏步 (6点)，跳转90度吸左脚 (9点)；左脚原地踏步 (9点)，跳转90度吸右脚(12点)；
1&2& 1/4 turn right step right forward , 1/4 turn right hop right flicking left back , step left in place , 1/4 turn right hop left flicking right back(12:00)
3&4 右脚原地踏步 (12点)，跳转90度吸左脚 (3点)；左脚原地踏步跳吸右脚 (3点)；
3&4 step right in place, 1/4 turn right hop right flicking left back, 1/4 turn right step left in place flicking right back (3:00)
5678 右脚退步，左脚单勾踝单踢蹬腿；左脚退步，右脚单勾踝单踢蹬腿；右脚退步，左脚单勾踝单踢蹬腿；左脚并步在右脚旁；
5678 step right back kicking left ball, step left back kicking right ball, step right back kicking left ball, step left beside right

B[4-8] 1/8 turn forward flicking , forward ,run forward(x3), cross, 1/2 unwind, step ,beside

12 立足跟右脚向前迈步 (1:30点) 同时重心移至右脚，左脚后抬腿15度；左脚向前迈步，重心移至左脚；
12 1/8 turn left step right forward flicking left back , step left forward (1:30)
3&4 右脚、左脚、右脚连续地向斜前三连步跑；
3&4 run forward right, left, right.
5678 左脚前交叉；双脚原地捻转180度 (9点)；左脚原地踏步；右脚并步在左脚旁；
5678 cross left over right, 1/2 unwind right, step left in place, step right beside left(9:00)

C组：(20拍)左脚起步

Part C: (20 counts)

C[1-8] triple forward flicking (x2), 1/4 turn, triple forward flicking(x2)

- 1&2 身对(9点)左前踏,右前踏,左前踏,右脚单勾腿屈膝关胯收至左脚旁;
1&2 step left forward, step right forward, step left forward flicking left back (9:00)
3&4 右前踏,左前踏,右前踏,左脚单勾腿屈膝关胯收至左脚旁;
3&4 step right forward, step left forward, step right forward flicking left back
5&6 身转90度(6点)左前踏,右前踏,左前踏,右脚单勾腿屈膝关胯收至左脚旁;
5&6 1/4 turn left step left forward, step right forward, step left forward flicking left back (6:00)
7&8 右前踏,左前踏,右前踏,左脚单勾腿屈膝关胯收至右脚旁;
7&8 step right forward, step left forward, step right forward flicking left back

C[2-8] 3/8 turn forward, back, back flicking, 1/4 turn, back kicking (x3), beside

- 1234 左脚前踏,重心移至左脚(4:30点);右脚前踏左转体180度(10:30);左脚后踏身转(9点),重心移至左脚;右脚后踏,重心移至右脚,左脚单勾踝单踢蹬腿;
1234 1/8 turn left step left forward, 1/2 turn left step right forward, step left back, step right back flicking left back (9:00)
5678 左脚退步身转(7:30点),右脚单勾踝单踢蹬腿;右脚退步身转(6点),左脚单勾踝单踢蹬腿;左脚退步,右脚单勾踝单踢蹬腿;右脚并步在左脚旁;
5678 1/8 turn left step left back kicking right ball, 1/8 turn left step right back kicking left ball, step left back kicking right ball, step right beside left(6:00)

C[3-8] side, full turn l beside, bend and straiten knees (x2)

- 1234 左脚侧踏步;右脚并左腿左转360度;双脚保持原地,双膝颤动两次;
1234 step left to side, full turn left step right beside left, bend and straiten knees twice

D组:B组动作的镜像动作

Part D: (32 counts)

The mirror set of Part B.

间奏说明:

- 1 在第一、第二、第三遍音乐A组动作后,有8拍间奏一的动作;
2 在第二遍音乐后有8拍间奏二、3个8拍间奏一、20拍间奏三连续动作。

特殊说明:

- 1 A组第四个8拍1、2拍,B组第一个8拍5、6、7、8拍,C组第二个8拍上肢为规定动作,动作请参考视频。
2 最后一遍音乐D组动作是B组动作的镜像动作,把B组动作换成左脚起步,动作相同,方向相反。

间奏动作要领如下:

间奏1:8拍

Tag1:(8 counts)

Side, cross, side, beside, forward, back, hook, back, forward

- 1234 右脚向侧踏,重心移至右脚;左脚前交叉,重心移至左脚;
右脚向侧踏,重心移至右脚;左脚并右脚,重心在左脚上;
1234 step right to side, cross left over right, step right to side, step left beside right
56& 右脚前踏,重心移至右脚;左脚后踏,重心移至左脚,右脚单勾踝上提后压右胯;
56& step right forward, step left back, hook right cross left
78 右脚后踏,重心移至右脚;左脚前迈,重心在左脚上;
78 step right back, step left forward

T2:8拍

Tag2:(8 counts)

Weave right, left coaster step

- 1234 左脚前交叉,重心移至左脚;右脚向侧踏,重心移至右脚;左脚后交叉踏,重心移至左脚;右脚向侧踏,重心移至右脚;

- 1234 step left foot across in front of right, step right to right side, step left foot back behind right, step right foot to right side
- 56 左脚前交叉，重心移至左脚；右脚向侧踏，重心移至右脚；
- 56 step left foot across in front of right, step right to right side
- 7&8 左脚后踏，重心移至左脚，右脚并左脚，重心移至右脚；左脚前踏，重心移至左脚；
- 7&8 step left foot back, step right foot back next to left, step forward on left foot

T3 : 20拍

Tag3 : (20 counts)

- 1-8 full turn cross bending knees, side, recover, behind hook, cross
- 1234 左转90度 (9点) 右脚前踏，重心移至右脚；身转180度 (3点) 左脚上步，重心移至左脚；右脚上步立足跟提重心，左脚侧旁提15度；左转90度 (12点) 左脚落在右脚前交叉，屈双膝，重心在左脚上；
- 1234 1/4 turn left step right forward , 1/2 turn left step left forward , step right forward hitching left up, 1/4 turn left cross left over right bending knees(12:00)
- 5678 右脚侧踏，重心移至右脚；左脚原地踏步，重心移至左脚；右脚后交叉，重心移至右脚，左脚提膝压胯上提15度；左脚落在右脚前交叉，重心在左脚上；
- 5678 step right to side, recover to left, cross right behind left and hook left cross right, cross left over right
- 2-8 Chassé side hitching, Chassé side hitching, forward , 1/2 turn, forward , 1/2 turn
- 1&2 右脚侧踏顶右胯，重心在右脚，左脚单勾踝上提在右脚旁；左脚侧踏顶左胯，重心在左脚，右脚单勾踝上提在左脚旁；右脚侧踏顶右胯，重心在右脚，左脚单勾踝上提在右脚旁；
- 1&2 rock step right to side hitching left up, step left beside right hitching right up, step right to side hitching left up,
- 3&4 左脚侧踏顶左胯，重心在左脚，右脚单勾踝上提在左脚旁；右脚侧踏顶右胯，重心在右脚，左脚单勾踝上提在右脚旁；左脚侧踏顶左胯，重心在左脚，右脚单勾踝上提在左脚旁；
- 3&4 rock step left to side hitching right up, step right beside left hitching left up, step left to side hitching right up
- 5678 右脚前上步身，重心在右脚上，；身转180度 (6点) 左脚上步，重心在左脚上；右脚前上步身，重心在右脚上；身转180度 (12点) 左脚上步，重心在左脚上；
- 5678 step right forward , 1/2 turn left step left forward, step right forward , 1/2 turn left step left forward(12:00)
- 3-8 side, full turn beside, bend and straiten knees
- 1234 右脚侧踏步；左脚并右腿右转360度；双脚保持原地，双膝颤动两次；
- 1234 step right to side, full turn right step left beside right, bend and straiten knees twice

结尾 : 16拍

Ending: (16 counts)

- 1-8 forward(x4), 1/4 turn forward, behind, forward, hold
- 1234 右脚前踏，重心移至右脚 (3点) ；左脚前踏，重心移至左脚 (3点) ；右脚前踏，重心移至右脚 (3点) ；左脚前踏，重心移至左脚 (3点) ；
- 1234 step right forward, step left forward, step right forward, step left forward (3:00)
- 5678 右脚前踏身转90度 (12点) ，重心移至右脚；左脚后交叉，重心移至左脚；右脚前踏，重心移至右脚；停顿一拍。
- 5678 1/4 turn left step right forward, cross left behind right, step right forward, hold
- 2-8 side, behind, forward, hold, side, behind, forward, bends knees down
- 1234 左脚侧踏，重心移至左脚 (12点) ；右脚后交叉，重心移至右脚；左脚前踏，重心移至左脚 (3点) ；停顿一拍。
- 1234 step left to side, cross right behind left, step left forward, hold
- 5678 右脚侧踏，重心移至右脚；左脚后交叉，重心移至左脚；右脚前踏，重心移至右脚，慢慢往下半蹲结束动作
- 5678 step right to side, cross left behind right, step right forward, bends knees down slowly.

上肢动作请参考视频

Please refer to the video on hands movements.

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