

Saddle Up Shawty (ㄉㄤ 丫 妹妹) (zh)

COPPER KNOB
STEPSHEDS

Compte: 48

Mur: 4

Niveau: Intermediate



Chorégraphe: Guyton Mundy (USA) - 2008年02月

Musique: Saddle Up Shawty (Club Mix) - Mikel Knight : (CD: Urban Cowboy)

前奏 : Intro: None, cold start immediately after the rooster crows 沒有前奏, 雞叫啼後起跳

- 第一段** Kick, Step; Kick, Hook; Step; Hold (add hands), Hitch; Walk back & Touch; Left Hip bumps x 2
踢 踏 踢 勾, 踏 候 抬(加手勢), 後走 走 點, 左推臀二次
- 1&2& Low kick R fwd, step on R, Low kick L fwd, Hook L over R knee,
右足略前踢, 右足踏, 左足略前踢, 左足於右膝勾
- 3&4 Step L slightly fwd (3) Hold on (&) Shift weight back to R and hitch L up (4) 左足略前踏, 候, 重心移右足左足抬
[Hands: L arm out to low left side with R fist at inside of L elbow (3), R arm out to low right side with L fist at inside of R elbow (&), Leaving L arm across body, bend R arm up vertically over R shoulder on same count as L leg hitch(4)]
手勢 : 左手伸向左邊略低處右拳到左手肘位置, 右手伸向右邊略低處左拳到右手肘位置, 左手放原位右手彎垂直左足抬
- 5 & 6 Walk back L, walk back R, Touch L out to left side
左足後走, 右足後走, 左足左點
- 7, 8 Bump L hip up and to the left twice (12:00) 左推臀兩次(12點鐘)
- 第二段** Step to L side; Quarter-turn Sailor; Half-turn Sailor; R shuffle fwd; Step fwd L 左, 1/4轉水手, 轉水手, 前交換, 踏
- 1, Step L to left side 左足左踏
- 2&3 Step R behind L, turn ¼ to left stepping fwd on L, step R to right side 右足於左足後踏, 左轉90度左足前踏, 右足右踏
- 4&5 Step L behind R turning ¼ to left, Step R to right side turning ¼ to left, Step L fwd
左轉90度左足於右足後踏, 左轉90度右足右踏, 左足前踏
- 6&7 Step R fwd, Step L next to R, Step R fwd
右足前踏, 左足併踏, 右足前踏
- 8 Step fwd on L (3:00) 左足前踏(面向3點鐘)
- 第三段** Step R fwd, Half-turn hip roll; Half-turn Sailor; Step R fwd, Half-turn hip roll; L Coaster Step
踏, 轉臀轉1/2, 轉水手, 踏, 轉臀轉1/2, 海岸步
- 1, 2 Step R fwd, Roll hips around in counter-clockwise ½ turn (weight stays on R) 右足前踏, 逆時針轉臀並轉180度(重心在右足)
- 3&4 Step L behind R turning ¼ to left, Step R to right side turning ¼ to left, Step L fwd
左轉90度左足於右足後踏, 左轉90度右足右踏, 左足前踏
- 5, 6 Step R fwd, Roll hips around in counter-clockwise ½ turn (weight stays on R) 右足前踏, 逆時針轉臀並轉180度(重心在右足)
- 7&8 Step L back, Step R back next to L, Step L fwd (9:00)
左足後踏, 右足併踏, 左足前踏(面向9點鐘)
- 第四段** Funky skates fwd x 2; Cross, back, ¼ turn; ¼ turn; ½ turn; L Shuffle fwd 滑冰兩次, 交叉 後 1/4, 1/2 1/2, 前交換
- 1, 2 Big step up and out with R to right side, Big step up and out with L to left side 右足滑冰步, 左足滑冰步
- 3&4 Cross step R over L; Step back on L; Step R to right side turning ¼ to right 右足於左足前交叉踏, 左足後踏, 右轉90度右足右踏
- 5, 6 Turn ¼ to right stepping L to left side; Half Hinge turn to the back over R shoulder stepping R to right side
右轉90度左足左踏, 右轉180度右足右踏
- 7&8 Step L fwd, Step R next to L, Step L fwd (9:00)
左足前踏, 右足併踏, 左足前踏(面向9點鐘)

****RESTART:** After 32 counts of Wall 6 you will be facing the original starting wall. Restart the dance from the beginning after the Left Shuffle forward (count 32).

第六面牆跳至止面向前面牆, 從頭起跳

第五段	Right Out, Out, In, In, Scuff, Hitch, Step; Left Out, Out, In, In, Scuff, Hitch, Step 大大小小, 擦踢抬踏, 大大小小, 擦踢抬踏
1&2&	Step R out to right side, Step L out to left side, Step R in to center, Step L in to center 右足右踏, 左足左踏, 右足回踏, 左足併踏
3&4	Scuff R, Hitch R, Step on R next to L 右足擦踢, 右足抬, 右足併踏
5&6&	Step L out to left side, Step R out to right side, Step L in to center, Step R in to center 左足左踏, 右足右踏, 左足回踏, 右足併踏
7&8	Scuff L, Hitch L, Step on L next to L (9:00) 左足擦踢, 左足抬, 左足併踏(面向9點鐘)
第六段	Step Side Right; Split Heels; Small Hip Rolls; Chasse to left; Quarter-turn paddles x 2 右 踵向右 踵回, 轉臀, 左追步, 轉1/4划槳步兩次
1&2	Step R out to right side; with weight on balls of feet, split heels out and back to center (Knees go in) 右足右踏, (重心在雙腳)雙足踵向右, 雙足踵回中心
3, 4	Roll hips in small counter-clockwise circle; repeat (weight stays on R) 逆時針轉臀兩次, 結束重心在右足
5&6	Step L to left side; Step R next to L; Step L to left side 左足左踏, 右足併踏, 左足左踏
7, 8	Keeping weight on L for both counts, paddle ¼ to left touching R foot to right side; paddle ¼ to left touching R foot to right side (3:00) (兩拍重心都在左足划槳步) 左轉90度右足右點, 左轉90度右足右點(面向3點鐘)
