

Paint It Black (全面抹黑) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Clare Bull (UK) - 2010年10月
音乐: Paint It Black - Kevin Borg : (CD: The Beginning)



前奏 : Intro: 32 Counts 32拍後起跳

第一段 Skate, Skate, Coaster-Point, Back, Point, Behind & Cross [12:00] 滑冰 滑冰, 海岸右點, 後交叉 左點, 後 旁 前(面向12點鐘)

- 1-2 Skate right foot right diagonal, skate left foot to left diagonal
右滑冰步, 左滑冰步
- 3&4 Step back on right, step left next to right, point right to right side 右足後踏, 左足併踏, 右足右點
- 5-6 Cross right behind left, point left to left side
右足於左足後交叉踏, 左足左點
- 7&8 Step left behind right, step right to right side, cross step left over right 左足於右足後踏, 右足右踏, 左足於右足前交叉踏

第二段 Point, Turn 1/4, Rock & Cross, Sway R, L, Behind 1/4 Step [12:00] 右點 1/4, 曼波交叉, 右擺臀 左擺臀, 後 1/4 踏(面向12點鐘)

- 1-2 Point right toe to right side, turn 1/4 right taking weight on right
右足趾右點, 右轉90度重心在右足
- 3&4 Rock left to left side, replace weight on right, cross left over right
左足左下沉, 右足回復, 左足於右足前交叉踏
- 5-6 Sway onto right, sway onto left
右擺臀, 左擺臀
- 7&8 Step right behind left, step forward on left making 1/4 turn left, step forward on right
右足於左足後踏, 左轉90度左足前踏, 右足前踏

第三段 Touch, Touch, Kick Ball Step, Touch, Touch, Behind 1/4 Step [3:00] 前點 後點, 踢 併 踏, 前點 後點, 後 1/4 踏

- 1-2 Touch left toe forward, touch left toe back
左足趾前點, 左足趾後點
- 3&4 Kick left forward, step on ball of left next to right, step forward on right 左足前踢, 左足併踏, 右足前踏
- 5-6 Touch left toe forward, touch left toe back
左足趾前點, 左足趾後點
- 7&8 Step left behind right, step forward on right making 1/4 turn right, step forward on left
左足於右足後踏, 右轉90度右足前踏, 左足前踏

第四段 Step Pivot 1/2, Rock & Cross, Side Rock ***, Sailor 1/2 [3:00] 踏 轉, 曼波交叉, 左下沉 回復, 轉水手(面向3點鐘) ***結束時, 跳至此換成1/4轉水手

- 1-2 Step forward on right, pivot 1/2 Turn left
右足前踏, 左軸轉180度
- 3&4 Rock right to right side, replace weight on left, cross right over left 右足右下沉, 左足回復, 右足於左足前交叉踏
- 5-6 Rock left to left side, replace weight on right
左足左下沉, 右足回復
- 7&8 Turn 1/4 left stepping left behind right, turn 1/4 left stepping right to right side, step forward on left
左轉90度左足於右足後踏, 左轉90度右足右踏, 左足前踏

第五段 Fwd Rock, Lock Step Back, Dip Down-Up, Shuffle Fwd [3:00] 下沉 回復, 後鎖步, 蹲 立, 前交換

- 1-2 Rock forward on right, replace weight on left
右足前下沉, 左足回復
- 3&4 Step back on right, lock left in front of right, step back on right
右足後踏, 左足於右足前鎖踏, 右足後踏
- 5-6 Dip knees, straighten up, taking weight on right
彎膝呈蹲狀, 站直重心在右足
- 7&8 Step left forward, step together with right, step forward left
左足前踏, 右足併踏, 左足前踏
- Styling - The Dip In Section 5 Can Be Replaced With A Body Roll
蹲步可以換成身體轉動

第六段 Touch Fwd, Side, Behind & Cross, Touch Fwd, Side, Sailor 1/4 Step [12:00] 前點 右點, 後 旁 前, 前點 左點, 1/4轉水手

- 1-2 Touch right toe forward, touch right to right side
右足趾前點, 右足右點
- 3&4 Step right behind left, step left to left side, cross step right over left 右足於左足後踏, 左足左踏, 右足於左足前交叉踏
- 5-6 Touch left toe forward, touch left to left side
左足趾前點, 左足左點
- 7&8 Cross step left behind right, make a 1/4 turn left stepping right to right Side, step left to left side
左足於右足後交叉踏, 左轉90度右足右踏, 左足左踏

****RESTART Here During Wall 2** 第二面牆跳至此, 從頭起跳

第七段 Step Pivot 1/2, Kick & Point, Touch Back, Hold, Kick & Cross [6:00] 踏 轉, 踢 併 點, 後點 候, 踢 併 交叉(面向6點鐘)

- 1-2 Step forward on right, pivot 1/2 turn left
右足前踏, 左軸轉180度
- 3&4 Kick right forward, step on ball of right next to left, point left to left side 右足前踢, 右足併踏, 左足左點
- 5-6 Touch left toe behind right, hold 左足趾於右足後點, 候
- 7&8 Kick left forward, step on ball of left next to right, cross right over left 左足前踢, 左足併踏, 右足於左足前交叉踏

第八段 Turn 1/4 Back, Hold, Coaster Step, Side Rock, Cross 1/4 Turn [6:00] 1/4後 候, 海岸步, 左下沉 回復, 交叉 1/4 左

- 1-2 Turn right stepping back on left, hold
右轉90度左足後踏, 候
- 3&4 Step back on right, step left next to right, step forward on right
右足後踏, 左足併踏, 右足前踏
- 5-6 Rock left to left side, replace weight on right
左足左下沉, 右足回復
- 7&8 Cross left over right, make 1/4 turn stepping back on right, step left to left side 左足於右足前交叉踏, 左轉90度右足後踏, 左足左踏

*****Ending - Wall 7 - Replace The Last 2 Counts Of Section 4 With Sailor 1/4 To Finish [12:00]** 第七面牆跳至第四段最後2拍改1/4轉水手, 面向前面牆(12點鐘)做結束
