

2012 (世界末日) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Shaz Walton (UK) - 2010年09月
音乐: 2012 (feat. Nicki Minaj) - Jay Sean



第一段 Rock. Recover. Full Turn, Step Back. Full Turn. Step. 下沉 回復, 轉 轉, 後 轉, 轉 踏

- 1-2 Rock forward on right. Recover on left.
右足前下沉, 左足回復
- 3-4 Make $\frac{1}{2}$ turn right stepping right forward. Make $\frac{1}{2}$ turn right stepping back left. 右轉180度右足前踏, 右轉180度左足後踏
- 5-6 Step back right. Make $\frac{1}{2}$ turn left stepping left forward.
右足後踏, 左轉180度左足前踏
- 7-8 make $\frac{1}{2}$ turn left stepping back right. Step left forward.
左轉180度右足後踏, 左足前踏

第二段 Step. Heel Scuff. Ball Step. Side Point. $\frac{1}{4}$. Knee Pops X3 踏 擦踢-併-踏 左點 左1/4, 彈膝三次

- 1-2 Step forward right. Scuff left heel forward.
右足前踏, 左足踵前擦踢
- &3-4 Step left beside right. Step right forward. Point left to left side.
左足併踏, 右足前踏, 左足左點
- 5-6 Make $\frac{1}{4}$ left (keeping weight on right) drop weight to left popping right knee forward 左轉90度(重心在右足), 重心至左足右膝前彈
- 7-8 Take the weight on right popping left knee forward. Take the weight on left popping right knee forward.
重心至右足左膝前彈, 重心至左足右膝前彈

第三段 Scuff. Step. Ball. Touch. Side. Touch, $\frac{1}{4}$. Lock. Forward. 擦踢, 踏-併-點, 右踏 併點 左1/4前鎖步

- 1-2 Scuff right forward. Step right forward.
右足前擦踢, 右足前踏
- &3-4 Step left beside right. Touch right beside left. step right to right side. 左足併踏, 右足併點, 右足右踏
- 5-6 Touch left beside right. Make $\frac{1}{4}$ left stepping left forward.
左足併點, 左轉90度左足前踏
- 7-8 Lock right behind left. step left forward.
右足於左足後鎖踏, 左足前踏

第四段 Step. $\frac{1}{2}$ Pivot. Shuffle Forward. Rock Recover. Coaster Point. 踏 轉, 前交換, 下沉 回復, 海岸步帶點

- 1-2 Step forward right. Make $\frac{1}{2}$ pivot turn left.
右足前踏, 左軸轉180度
- 3&4 Step right forward. Step left beside right. Step right forward.
右足前踏, 左足併踏, 右足前踏
- 5-6 Rock forward on left. Recover on right.
左足前下沉, 右足回復

7&8	Step back left. Step back right. Point forward left. 左足後踏, 右足後踏, 左足前點
第五段	Slow ¼. Slow ¼. Rock. Recover. Step. Touch. 慢轉1/4, 慢轉1/4, 後下沉 回復, 前踏 併點
1-2	Take the weight on left and on your toes make a slow ¼ turn right. (Weight right) 重心至左足雙足趾右慢轉90度(重心在右足)
3-4	Still on your toes make a slow ¼ turn left. (Weight right) 雙足趾左慢轉90度(重心在右足)
5-6	Rock back on left. Recover on right. 左足後下沉, 右足回復
7-8	Step forward on left. Touch right beside left. 左足前踏, 右足併點
第六段	Ball Step. Hitch. Slow Coaster Step. Hitch. Coaster Step. 後-踏, 抬, 海岸步, 抬, 海岸步
&1-2	Step back on right. Step left forward. Hitch right. 右足後踏, 左足前踏, 右足抬
3-4	Step back right. Step back left 右足後踏, 左足後踏
5-6	Step forward right. Hitch left. 右足前踏, 左足抬
7&8	Step back left. step back right. Step forward left. 左足後踏, 右足後踏, 左足前踏
第七段	Ball Step. ¼ Pivot. Cross Rock. Recover. ¼ . ½. ¼ Chasse Left. 併-踏 轉, 交叉下沉 回復, 1/4 1/2 1/4左追步
&1-2	Step right beside left. Step left forward. Make ¼ pivot right. 右足併踏, 左足前踏, 右軸轉90度
3-4	Cross rock left over right. Recover on right. 左足於右足前交叉下沉, 右足回復
5-6	Make ¼ left stepping left forward. Make ½ left stepping right back. 左轉90度左足前踏, 左轉180度右足後踏
7&8	Make ¼ left stepping left to left side. Step right beside left. Step left to left. 左轉90度左足左踏, 右足併踏, 左足左踏
第八段	Hitch. Gallop Right (Extended Chasse) Back Rock. Recover. ¼. Coaster Rock. 抬-延伸追步(右飛奔), 後下沉 回復, 1/4後 後 後
&1&2	Hitch right. Step right to right. Step left beside right. Step right to right. 右足抬, 右足右踏, 左足併踏, 右足右踏
&3&4	Step left beside right. Step right to right. Step left beside right. Step right to right. 左足併踏, 右足右踏, 左足併踏, 右足右踏
5-6	Rock back on left. Recover on right. 左足後下沉, 右足回復
7-8	Make ¼ right stepping back left. step back right 右轉90度左足後踏, 右足後踏
&(1)	Step back left. Rock forward right (count (1) being the first step of next wall) 左足後踏, (接續下一面牆的第1拍右足前踏)
