

Right On Sync (想要彈同調) (zh)

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Bring It On - Leon Jean-Marie : (CD: Single)



前奏 : Start on the vocals 32 counts in

第一段 Forward Rt, Lt, Lock Step Back, Full Turn, 1/4 Turn Sailor Step 右左前踏, 後鎖步, 轉圈, 1/4轉水手

- 1,2 Step Diagonal Fwd Rt, Step Diagonal Fwd Lt
右足斜角線前踏, 左足斜角前踏
- 3&4 Lock Rt behind Lt, Lock Lt in front of Rt, Step back Rt
右足於左足後鎖踏, 左足於右足前鎖踏, 右足後踏
- 5,6 Make 1/2 turn Lt stepping fwd Lt, Make 1/2 Lt stepping back on Rt
左轉180度左足前踏, 左轉180度右足後踏
- 7&8 Make a 1/4 turn Lt stepping Lt behind Rt, Step Rt in place, Step Lt fwd 左轉90度左足於右足後踏,
右足踏, 左足前踏

第二段 Walk, Walk, Ball Cross, Ball Cross, Cross Rock & Cross & Cross 走, 走, 踏交叉, 踏交叉, 交叉下沉 & 交叉 & 交叉

- 1,2 Step fwd Rt, Step fwd Lt 右足前踏, 左足前踏
- &3 Angle upper body diagonally Lt stepping ball of Rt behind Lt, Step down on Lt 身體彎向左斜角線
右足於左足後踏, 左足踏
- &4 Step ball of Rt behind Lt, Step down on Lt
右足於左足後踏, 左足踏
- 5,6 Cross Rt over Lt, Rock Lt to Lt
右足於左足前交叉踏, 左足左下沉
- &7&8 Step ball of Rt behind Lt, Step Lt over Rt, Step Rt to Rt, Cross Lt over Rt 右足於左足後踏, 左足於
右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第三段 Side Drag, And Cross Side, Rock & Side, Roll & Turn 側拖, 交叉側, 下沉 & 側, 搖 & 轉

- 1,2 Step Rt to Rt, Drag Lt heel to Rt 右足右踏, 左足踵拖併右足
- &3,4 Step Lt behind Rt, Step Rt across Lt, Step Lt to Lt
左足於右足後踏, 右足於左足前交叉踏, 左足左踏
- 5&6 Rock Rt behind Lt, Replace weight Lt, Step Rt to Rt
右足於左足後下沉, 左足回復, 右足右踏
- 7& Roll hips a full turn anti-c/w (weight Rt)
逆時針搖臀一圈(重心在右足)
- 8 Continue to roll hips making a 1/4 turn Lt (weight Lt) "6'oclock"
搖臀左轉90度(重心在左足)(面向6點鐘)

第四段 Step 1/2 turn, Kick & Point & Point, Monterey Turn, 1/4 Rock & Step 踏轉1/2, 踢 & 點 & 點, 蒙特瑞轉, 1/4下沉 & 踏

- 1,2 Step Rt fwd, Make a 1/2 turn Lt
右足前踏, 左轉180度
- 3&4 Kick Rt fwd, Step Rt in place, Point Lt to Lt
右足前踢, 右足踏, 左足左點

- &5,6 Bring Lt to Rt, Point Rt to Rt, Make a full Monterey turn Rt (weight Rt) 左足併踏, 右足右點, 蒙特瑞轉(重心在右足)
- 7&8 Make a 1/4 Rt Rocking Lt back, Replace weight Rt, Step Lt fwd
右轉90度左足後下沉, 右足回復, 左足前踏
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