

Hot Out The Box (舞惑情挑) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Shaz Walton (UK) - 2010年04月
音乐: For Your Entertainment - Adam Lambert



前奏: Intro: 64 counts (29 secs) Start on Main Vocals (Total Song Duration 3m 42s)

第一段 **Side. Touch. Side. Behind. Side. ¼. Back. Together.**
側, 點, 側, 後, 側, 1/4後, 併

- 1-2 Step right to right. Touch left beside right. 右足右踏, 左足併點
3-4 Step left to left. Cross right behind left.
左足左踏, 右足於左足後交叉踏
5-6 Step left to left. Step right to right side.
左足左踏, 右足右踏
7-8 Make ¼ left stepping back left. Step right beside left.
左轉90度左足後踏, 右足併踏

第二段 **Forward. Hold. Ball forward. Touch. Back. Coaster step. Brush.**
前, 候1, 併前點, 後, 海岸步, 刷

- 1-2 Step left forward. Hold. 左足前踏, 候
&3-4 Step right beside left. Step left forward. Touch right beside left.
右足併踏, 左足前踏, 右足併點
5 Step back on right. 右足後踏
6&7 Step back left. Step back right. Step forward left.
左足後踏, 右足後踏, 左足前踏
8 Brush right foot forward. 右足前刷

第三段 **Scuff touch heel/slide. Scuff touch heel/slide. Rock. Recover. ¼. Touch.** 擦踢點滑踏, 擦踢點滑踏, 下沉回復, 1/4點

- &1-2 Scuff right toe close to left. Tap right toes close to left. Drop right heel as you slide left back.
右足擦踢, 右足趾併點, 右足踵滑向左足後踏
&3-4 Scuff left toes close to right. Tap left toes close to right. Drop left heel as you slide right back.
左足擦踢, 左足趾併點, 左足踵滑向右足後踏
5-6 Rock forward on right. Recover on left.
右足前下沉, 左足回復
7-8 Make ¼ right stepping right to right side. Touch left beside right.
右轉90度右足右踏, 左足併點

第四段 **Side. Sailor/sway sway. Side. Sailor step. Touch.**
側, 水手帶擺臀擺臀, 側, 水手步, 點

- 1-2 Step left to left. Cross step right behind left.
左足左踏, 右足於左足後交叉踏
&3-4 Step left to left. Sway right. Sway left (funky sways!)
左足左踏, 右擺臀, 左擺臀
5-6 Step right to right. Cross step left behind right.
右足右踏, 左足於右足後交叉踏
&7-8 Step right to right. Step left to left. Touch right beside left.
右足右踏, 左足左踏, 右足併點

Restart wall 3- dance up to count 32. Restart the dance again- facing 12 o'clock)
第三面牆跳至此面向12點鐘, 從頭起跳

第五段 **Out. Out. Hold. Together. Forward. Hold. Out. Out. Hold. ¼ dip. Side kick.** 大大候, 併前候, 大大候, 1/4蹲, 側踢

&1-2	Step right to right. Place left to left. Hold. (Weight remains right) 右足右踏, 左足左踏, 候(重心在右足)
&3-4	Step left to centre. Place right forward. Hold. (Weight remains left) 左足回踏, 右足前踏, 候(重心在左足)
&5-6	Step right to right. Step left to left. Hold. 右足右踏, 左足左踏, 候(重心在右足)
&7-8	Make ¼ left stepping left stepping left slightly forward. . Place right beside left as you bend both knees. Step right beside left as kick left to left side. (Make this whole section sharp) 左轉90度左足略前踏, 右足併踏彎雙膝, 左足左踢
第六段	Cross. Back. ¼ forward. Step. Brush. Rock. Recover. ¼. Forward. Together. 交叉 後, 1/4前, 前, 刷, 下沉 回復, 1/4 前 併
1-2	Cross left over right. Step back right. 左足於右足前交叉踏, 右足後踏
&3-4	Make ¼ left as you step left forward. Step forward right. Brush left forward. 左轉90度左足前踏, 右足前踏, 左足前刷
5-6	Rock forward left. Recover on right. 左足前下沉, 右足回復
&7-8	Make ¼ left stepping left to left side. Step right forward. Step left to left side. 左轉90度左足左踏, 右足前踏, 左足左踏
第七段	Swivel. Dip. Rock. Recover. ½ . lock. Step. Lock. Step. 旋轉, 蹲, 下沉 回復, 1/2踏 鎖, 前鎖步
1-2	Make 1/8 turn right, as you swivel right toe up and left heel back. Bring/slide left upto right with feet together bend both knees facing 5 o'clock. 雙足向右旋轉45度, 左足併踏彎雙膝(面向5點鐘)
3-4	Rock forward right. Recover left. 右足前下沉, 左足回復
5-6	Make ½ right stepping right forward. Lock left behind right. (11 o'clock) 右轉180度右足前踏, 左足於右足後鎖踏(面向11點鐘)
7&8	Step right forward. Lock left behind right. Step right forward. 右足前踏, 左足於右足後鎖踏, 右足前踏
第八段	Rock. Recover. Coaster/press. Coaster step. Forward. ½ touch. 下沉 回復, 海岸步帶壓踏, 海岸步, 踏, 轉點
1-2	Rock forward on left. Recover on right. 左足前下沉, 右足回復
3&4	Step back left. Step back right. Press left forward. 左足後踏, 右足後踏, 左足前壓踏
5&6	Step back right. Step back left (straightening up to 12 o'clock) . Step right forward. 右足後踏, 左足後踏(轉正面向12點鐘), 右足前踏
7-8	Step left forward. Make a quick ½ turn right on ball of left, ending with right touched beside left. 左足前踏, 右轉180度右足併點
