

Messed Up In Memphis (心糟糟) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Dee Musk (UK) - 2010年05月
音乐: Messed Up In Memphis - Darryl Worley : (Album: Sounds Like Life - CD Single)



前奏 : 64 Count Quick Beat Intro – Start on Vocals - Approx 24 secs – 3 mins 50 secs

第一段 Side Touch, Touch Out Touch In, Side Touch, Touch Out Touch In. 側踏併點併, 側踏併點併

- 1,4 Step L To L Side, Touch R Beside L, Touch R To R Side, Touch R Beside L. 左足左踏, 右足併點, 右足右點, 右足併點
- 5,8 Step R To R Side, Touch L Beside R, Touch L To L Side, Touch L Beside R. (12 O'Clock) 右足右踏, 左足併點, 左足左點, 左足併點(面向12點鐘)

第二段 Scissor Cross Hold, Rock ¼ Turn L Step Hold. 剪刀步 候, 右下沉 1/4回復 踏 候

- 1,4 Step L To L Side, Close R Beside L, Cross Step L Over R, Hold Count 4.
左足左踏, 右足併踏, 左足於右足前交叉踏, 候
- 5,8 Rock R Out To R Side, Recover Making A ¼ Turn L, Step Forward On R, Hold Count 8.(9 O'Clock).
右足右下沉, 左轉90度左足回復, 右足前踏, 候(面向9點鐘)

第三段 Full Triple Turn R Hold, Step Touch Step Kick. 小三步轉圈 候, 踏 點 踏 踢

- 1,4 Travelling Forward Make A Triple Turn R Stepping L, R, L Hold Count 4.
小三步往前移動的右轉圈-左, 右, 左, 候
(Easier Option Shuffle Forward Stepping L,R,L Hold Count 4).
簡易版-前交換-左, 右, 左, 候
- 5,8 Step Forward On R, Touch L Toe Behind R, Step Back On L, Kick R Forward. (9 O'Clock). 右足前踏, 左足後點, 左足後踏, 右足前踢(面向9點鐘)

第四段 Back Step Lock Step Hold, Rocking Chair. 後鎖步 候, 搖椅步

- 1,4 Step Back On R, Cross Step L Over R, Step Back On R, Hold Count 4.
右足後踏, 左足於右足前交叉踏, 右足後踏, 候
- 5,8 Rock Back On L, Recover Weight To R, Rock Forward On L, Recover Weight To R. (9 O'Clock).
左足後下沉, 右足回復, 左足前下沉, 右足回復(面向9點鐘)

Restart

During Wall 4, Dance Up To And Including Section 4 Then Begin Again Facing The 12 O'Clock Wall. 第四面牆跳至此, 面向12點鐘從頭起跳

第五段 Scissor Cross Hold, Side Behind ¼ Turn R Hold. 剪刀步 候, 側後 1/4 候

- 1,4 Step L To L Side, Close R Beside L, Cross Step L Over R, Hold Count 4.
左足左踏, 右足併踏, 左足於右足前交叉踏, 候
- 5,8 Step R To R Side, Cross Step L Behind R, Make A ¼ Turn R Stepping Forward On R, Hold Count 8. (12 O'Clock).
右足右踏, 左足於右足後交叉踏, 右轉90度右足前踏, 候(面向12點鐘)

第六段 Step ½ Turn Step R Hold, ½ Turn L Touch, ½ Turn L Brush. 踏 轉 踏 候, 轉 點 轉 刷

- 1,4 Step Forward On L, Make A ½ Turn R, Step Forward On L, Hold Count 4.
左足前踏, 右轉180度, 左足前踏, 候

5,8 Make A ½ Turn L Stepping Back On R, Touch L Toe Beside R, Make A ½ Turn L Stepping Forward On L, Brush R Forward, (6 O'Clock).
左轉180度右足後踏, 左足趾併點, 左轉180度左足前踏, 右足前刷(面向6點鐘)

第七段 Mambo Forward Hold, Sailor ¼ Turn L Hold.
前曼波 候, 1/4轉水手 候

1,4 Rock Forward On R, Recover Weight To L, Step Back On R, Hold Count 4.
右足前下沉, 左足回復, 右足後踏, 候

5,8 Make A Sailor ¼ Turn L Cross Stepping L Behind R, Step R To R Side, Step Forward On L, Hold Count 8 (3 O'Clock).
左轉90度左足於右足後踏, 右足右踏, 左足前踏, 候(面向3點鐘)

第八段 Step ½ Turn Step L, Hold, ½ Turn R Touch, ½ Turn R Brush.
踏轉踏 候, 轉點轉刷

1,4 Step Forward On R, Make A ½ Turn L, Step Forward On R, Hold Count 4.
右足前踏, 左轉180度, 右足前踏, 候

5,8 Make A ½ Turn R Stepping Back On L, Touch R Toe Beside L, Make A ½ Turn R Stepping Forward On R, Brush L Forward. (9 O'Clock).
右轉180度左足後踏, 右足趾併點, 右轉180度右足前踏, 左足前刷(面向9點鐘)
