

It's Murda (嘻哈謀殺) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - 2008年01月
音乐: Hip Hop Police - Chamillionaire : (CD: Ultimate Victory)



前奏 : Count In: Starts 32 Counts from 1st Beat.

第一段 **Step, Touch, Step, Touch, Rock & Coaster Step, Step, Sailor 3/4 Cross.**
踏 點 踏 點, 下沉 回復 海岸步, 踏, 右3/4轉水手交叉

1&2& Step Right forward to Right diagonal, touch Left next to Right, step Left forward to Left diagonal, touch Right next to Left.

右足右斜前踏, 左足併點, 左足左斜前踏, 右足併點

3& Rock forward on Right, recover on Left. 右足前下沉, 左足回復

4&5-6 Step back on Right, step Left next to Right, step forward on Right, step forward on Left 右足後踏, 左足併踏, 右足前踏, 左足前踏

7&8 Make 1/4 turn to Right stepping Right behind Left, 1/4 to Right stepping Left next to Right, 1/4 turn to Right cross stepping Right over Left.

右轉90度右足於左足後踏, 右轉90度左足併踏, 右轉90度右足於左足前交叉踏

第二段 **& Side, Cross, Kick, Cross, Back, Back, Cross, Side, Rock & 1/4.**
曼波交叉, 踢 交叉 後 後, 交叉 後, 後下沉 回復 1/4

&1-2 Rock to Left side on Left, recover on Right, cross Left over Right.

左足左下沉, 右足回復, 左足於右足前交叉踏

3&4& Kick Right forward, cross Right over Left, step back on Left, step back on Right. 右足前踢, 右足於左足前交叉踏, 左足後踏, 右足後踏

5-6 Cross Left over Right, step Right to Right side.

左足於右足前交叉踏, 右足右踏

7&8 Rock Left behind Right, recover on Right, make 1/4 turn to Left stepping forward on Left. 左足於右足後下沉, 右足回復, 左轉90度左足前踏

第三段 **& Step, Together, Point & Point, Hitch, Coaster Step, Run, Run, Run.**
併-踏, 併, 點收點抬, 海岸步, 跑 跑 跑

&1-2 Step Right next to Left, Big step forward on Left (Leaning back), step Right next to Left. 右足併踏, 左足前一大步(身體後傾), 右足併踏

3&4& Point Left to Left side, step Left next to Right, point Right to Right side, hitch Right knee in front. 左足左點, 左足併踏, 右足右點, 右膝抬

5&6 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

7&8 Run forward L-R-L (small steps, knees slightly bent)

前跑-左, 右, 左(小跑步, 略彎膝)

第四段 **Heel & Heel & Cross, Side, Cross, 1/4 Rock, Together, Sailor 1/2.**
踵收踵收, 交叉交換, 1/4下沉 回復 併, 轉水手

1&2& Touch Right heel across Left, step Right next to Left, touch Left heel across Right, step Left next to Right.

右足踵於左足前交叉點, 右足併踏, 左足踵於右足前交叉點, 左足併踏

3&4 Cross step Right over Left, step Left to Left side, cross step Right over Left (Dip knees on crosses)

右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(膝蹲)

- 8&5-6 Make 1/4 turn to Left rocking forward on Left, recover back on Right, step Left next to Right.
左轉90度左足前下沉, 右足回復, 左足併踏
- 7&8 Make 1/4 turn to Right stepping Right behind Left, 1/4 turn Right stepping Left next to Right, step forward on Right.
右轉90度右足於左足後踏, 右轉90度左足併踏, 右足前踏
- 第五段 Out, Out, Step, 1/4 Cross & Cross, Side Together, Cross, Scissor Cross.**
大 大, 踏, 1/4交叉交換, 左-併 交叉, 剪刀步
- 8&1-2 Step Left to Left side, step Right to Right side, step forward on Left. 左足左踏, 右足右踏, 左足前踏
- 3&4 Make 1/4 turn to Right cross stepping Right over Left, step Left to Left side, cross step Right over Left.
右轉90度右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏
- 8&5-6 Step Left to Left side, step Right next to Left (facing R Diag, bum out) cross Left over Right.
左足左踏, 右足併踏(面向右斜角, 推臀), 左足於右足前交叉踏
- 7&8 Step Right to Right side, step Left next to Right, cross Right over Left. 右足右踏, 左足併踏, 右足於左足前交叉踏
- 第六段 Side, Rock & Side, Rock & 1/4, Rock & Back, Drag Together.**
左, 後下沉 回復 右, 後下沉 回復 1/4, 下沉 回復 後大步, 拖併踏
- 1-2&3 Step Left to Left side, rock Right behind Left, recover on Left, step right to Right side. 左足左踏, 右足於左足後下沉, 左足回復, 右足右踏
- 4&5 Rock Left behind Right, recover on Right, make 1/4 turn Left stepping forward on Left. 左足於右足後下沉, 右足回復, 左轉90度左足前踏
- 6&7 Rock forward on Right, recover on Left, big step back on Right.
右足前下沉, 左足回復, 右足後一大步
- 8 Drag Left back to step next to Right. 左足後拖併踏
- 第七段 Rock Forward & Back & Right Lock Step, Step 3/4 Step, Behind & Cross.**
搖椅步, 後鎖步, 踏 轉 1/4, 後 旁 前交叉
- 1&2&3 Rock forward on Right, recover on Left, rock back on Right, recover on Left. 右足前下沉, 左足回復, 右足後下沉, 左足回復
- 3&4 Step forward on Right, lock Left behind Right, step forward on Right.
右足前踏, 左足於右足後鎖踏, 右足前踏
- 5&6 Step forward on Left, pivot 1/2 turn to Right, 1/4 to Right stepping Left to Left side.(L knee bent, R toe up)
左足前踏, 右轉180度, 右轉90度左足左踏(左膝彎, 右趾抬)
- 7&8 Cross step Right behind Left, step Left to Left side, cross Right over Left. 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 第八段 Dip, Together, Kick & Rock &, Walk, Step, 1/2 Pivot, 1/2 Together.**
蹲 併, 踢 併 後下沉 回復, 走 走, 轉 轉
- 1-2 Stepping Left to Left side squat bending both knees, recover to uprite bringing Left next to Right (weight R)
左足左踏彎雙膝, 左足併踏(重心在右足)
- 3&4&5 Kick Left forward, step Left next to Right, rock back on Right, recover on Left. 左足前踢, 左足併踏, 右足後下沉, 左足回復
- 5-6 Step forward on Right, step forward on Left.
右足前踏, 左足前踏
- 7-8 Pivot 1/2 turn to Right, make 1/2 turn to Right on ball of Right stepping Left next to Right. 右轉180度, 右轉180度左足併踏

