

# Sacred Places (排舞聖地) (zh)

COPPER KNOB  
STEPPERS

拍数: 64  
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音乐: Shorty's Got It Bad - Darren B

墙数: 2

级数: Intermediate/Advanced



- 第一段**     $\frac{1}{2}$  sweep. Back. Together. Hold. Forward. Step.  $\frac{1}{4}$ . Behind. Side. Side. Hold. Behind.  $\frac{1}{4}$   
1/2繞, 後-後-候-踏-1/4, 後-旁-旁-候, 後-1/4
- 1-2    On right foot make  $\frac{1}{2}$  turn left sweeping left foot from front to back. Step back left. 重心在右足左轉180度左足由前繞至後, 左足後踏
- &3&4    Step right beside left. **Hold**, Step forward left. Make  $\frac{1}{4}$  left stepping right to right side. 右足併踏, 候, 左足前踏, 左轉90度右足右踏
- 5-6&    Cross step left behind right. Step right to right side. Step left to left side. 左足於右足後交叉踏, 右足右踏, 左足左踏
- 7&8    **Hold**. Cross step right behind left. Make  $\frac{1}{4}$  left stepping left to left. 候, 右足於左足後交叉踏, 左轉90度左足左踏
- 第二段**     $\frac{1}{4}$  Kick. Back. Together. Hold. Forward. Forward. Rocking chair. Forward. Twist. Twist. Dip. Hitch.  
1/4踢, 後, 併候前前, 搖椅步-踏, 旋轉 旋轉, 蹲抬
- 1-2    Make  $\frac{1}{4}$  left on right kicking left forward. Step back left. 左轉90度左足前踢, 左足後踏
- &3&4    Step back right. **Hold**. Step forward left. Step forward right. 右足後踏, 候, 左足前踏, 右足前踏
- 5&6    Rock forward left. Recover right. Rock back left. 左足前下沉, 右足回復, 左足後下沉
- &7    Recover right. Step forward left 右足回復, 左足前踏
- &8    Twist heels left angling body to front. Twist heels to centre straightening up. 旋轉雙足踵轉向左身體弓向前, 旋轉雙足踵轉向右身體轉回站直
- &1    Dip both knees (weight left). Hitch right knee. 彎雙膝(重心在左足), 右膝抬
- 第三段**    Forward Rock. Side Rock. Cross.  $\frac{1}{4}$ . Rock. Recover. Heel. Ball. Forward.  
下沉 回復 右下 下沉 回復 交叉, 1/4, 後下沉 回復 踵收 前大步
- 2&3    Rock right forward. Recover on left. Rock right to right side. 右足前下沉, 左足回復, 右足右下沉
- &4    Recover on left. Cross step right over left. 左足回復, 右足於左足前交叉踏
- 5    Make  $\frac{1}{4}$  right stepping back left. 右轉90度左足後踏
- 6&7    Rock back on right. Recover left. Touch right heel forward, 右足後下沉, 左足回復, 右足踵前點
- &8    step right beside left. Step left a large step forward. (Push upper body forward & lean back here) 右足併踏, 左足前一大步(身體以後仰姿勢向前)
- 第四段**    Bump. Bump. Heel. Step. Bump. Bump. Heel. Step. Side. Rock. Recover. Triple  $\frac{3}{4}$   
推臀, 推臀, 踵收 推臀 推臀 踵收, 右大步 後下沉 回復 三步轉3/4
- 1&2    Step right small step to right bump hips to right. Bump hips to left. Touch right heel forward. 右足略右踏右推臀, 左推臀, 右足踵前點

- 8&3 Step right beside left. Step left small step to left bump hips to left. Bump hips to right.  
右足併踏, 左足略左踏左推臀, 右推臀
- 4& Touch left heel forward. Step left beside right.  
左足踵前點, 左足併踏
- 5-6& Take a large step to right stepping right to right side. Rock back left. Recover right. 右足右一大步, 左足後下沉, 右足回復
- 7-8& Make  $\frac{1}{4}$  right stepping back left. Make  $\frac{1}{2}$  right stepping right forward. Step left to left. 右轉90度左足後踏, 右轉180度右足前踏, 左足左踏

**第五段 Touch. Side. Sailor  $\frac{1}{4}$ . Touch. Step. Rock. Recover. Back. Back.  $\frac{1}{4}$ . Cross.**  
**點, 側, 1/4轉水手, 點, 踏, 下沉 回復 後, 後 1/4 交叉**

- 1-2 Touch right beside left. Step right to right side.  
右足併點, 右足右踏
- 3&4 Sailor  $\frac{1}{4}$  turn left ending with left forward.  
左轉90度水手步最後帶左足前踏
- 8&5 Touch right beside left. Step right forward. 右足併點, 右足前踏
- 6&7 Rock forward left. Recover on right. Step back left.  
左足前下沉, 右足回復, 左足後踏
- 8&1 Step back right. Make  $\frac{1}{4}$  left stepping left to left side. Cross step right over left. 右足後踏, 左轉90度左足左踏, 右足於左足前交叉踏

**第六段  $\frac{1}{4}$  Point. Hold. Ball Step. Forward.  $\frac{1}{2}$  Right. Touch.  $\frac{1}{2}$  Right.**  
**1/4點, 候, 併-踏, 踏 轉, 點 轉**

- 2-3 Make  $\frac{1}{4}$  left touching left toe forward. Hold.  
左轉90度左足趾前點, 候
- 8&4 Step left beside right. Step right forward.  
左足併踏, 右足前踏
- 5-6 Step left forward. Make  $\frac{1}{2}$  turn right. (weight left)  
左足前踏, 右轉180度(重心在左足)
- 7-8 Touch right backwards. Make  $\frac{1}{2}$  right. (weight right)  
右足後點, 右轉180度(重心在右足)

**第七段 Run. Run. Back Drag. Ball Step.  $\frac{1}{4}$  Bump. Bump. Sit.  $\frac{1}{4}$  Sailor.**  
**跑, 跑, 後 拖 併-踏, 1/4推臀, 推臀, 坐姿, 1/4水手**

- 8&1-3 Run back left. Run back right. Step back left. Drag right heel to right 左足後跑, 右足後跑, 左足後踏, 右足踵拖併
- 8&4 Step right beside left. step left forward  
右足併踏, 左足前踏
- 5&6 Make  $\frac{1}{4}$  left as you bump right left, then sit over right hip.  
左轉90度右推臀, 左推臀, 右推臀呈坐姿
- 7&8 Sailor  $\frac{1}{4}$  left. 左轉90度水手步

**第八段 Ball Step. Touch. Ball. Side. Sailor Step. Step.  $\frac{1}{2}$  Left.  $\frac{1}{2}$  Right. (Twist)**  
**併 踏, 前點 收 左點, 水手步, 踏 左轉 右轉**

- 8&1 Step right beside left. Step forward left.  
右足併踏, 左足前踏
- 2&3 Touch right toes forward. Step right beside left. Touch left to left side. 右足趾前點, 右足併踏, 左足左點
- 4&5 Left sailor step. 左水手步
- 6-8 Step right forward. Make  $\frac{1}{2}$  left (weight left) Make  $\frac{1}{2}$  right (weight right) 右足前踏, 左轉180度(重心在左足), 右轉180度(重心在右足)

