Shoot Me Stupid (被愛沖昏頭) (zh)

拍数: 0 **墙数:** 1 **级数:** Intermediate

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音乐: Stupid Cupid - Mandy Moore

Part A

第一段	**Triple Right, Triple Left, Swivel X4** **小三步, 小三步, 轉四次**
1&2,3&4	Triple Forward Right, Left, Right, Triple Forward Left, Right, Left 小三步前走-右, 左, 右, 小三步前走-左, 右, 左
5,6,7,8	Twist Diagonal Right Landing With Weight On Right Foot, Twist Diagonal Left Landing With Weight On Left Foot, Twist Diagonal Right Landing With Weight On Right Foot, Twist Diagonal Left Landing With Weight On Left Foot 轉向右斜角線重心在右足, 轉向左斜角線重心在左足, 轉向右斜角線重心在右足, 轉向左斜角線重心在左足
第二段	**Rock, Recover, ½ Turn Triple Right, Toe Touches, Heel Switches** **下沉回復, 小三步右1/2, 趾點踏, 踵收**
9,10,11&12	Rock Forward On Right, Recover Back On Left, ½ Turn Right Triple Right, Left, Right 右足前下沉, 左足回復, 小三步右轉180度-右, 左, 右
13&14&	Touch Left Toe To Left Side, Step Left Next To Right, Touch Right Toe To Right Side, Step Right Next To Left 左足趾左點, 左足併踏, 右足趾右點, 右足併踏
15&16&	Touch Left Heel Front, Step Left Next To Right, Touch Right Heel Front, Step Right Next To Left 左足踵前點, 左足併踏, 右足踵前點, 右足併踏
第三段	**Triple Left, Triple Right, Swivel X4**
17&18,19&20	Triple Forward Left, Right, Left, Triple Forward Right, Left, Right 小三步前走-左, 右, 左, 小三步前走-右, 左, 右
21,22,23,24	Twist Diagonal Left Landing With Weight On Left Foot, Twist Diagonal Right Landing With Weight On Right Foot, Twist Diagonal Left Landing With Weight On Left Foot, Twist Diagonal Right Landing With Weight On Right 轉向左斜角線重心在左足, 轉向右斜角線重心在右足,轉向左斜角線重心在左足, 轉向右斜角線重心在右足
第四段	**Rock, Recover, ½ Turn Triple Left, Toe Touches, Heel Switches** **下沉回復, 小三步左1/2, 趾點踏, 踵收**
25,26,27&28	Rock Forward On Left, Recover Back On Right, ½ Turn Left Triple Left, Right, Left 左足前下沉, 右足回復, 小三步左轉180度-左, 右, 左
29&30&	Touch Right Toe To Right Side, Step Right Next To Left, Touch Left Toe To Left Side, Step Left Next To Right 右足趾右點, 右足併踏, 左足趾左點, 左足併踏
31&32&	Touch Right Heel Front, Step Right Next To Left, Touch Left Heel Front, Step Left Next To Right 右足踵前點, 右足併踏, 左足踵前點, 左足併踏
第五段	**Step, Together, Step, Touch, Step, Together, Step, Touch** **踏, 併, 踏, 點, 踏, 併, 踏, 點**
33,34,35,36	Step Diagonal Right On Right, Step Left Next To Right, Step Diagonal Right On Right, Touch Left Toe Next To Right 右足右斜角線前踏, 左足併踏, 左足右斜角線踏, 左足趾併點
37,38,39,40	Step Diagonal Left On Left, Step Right Next To Left, Step Diagonal Left On Left, Touch Right Toe Next To Left 左足左斜角線踏, 右足併踏, 左足左斜角線踏, 右足趾併點
第六段	**Step, Hold, Cross, Hold, Full Unwind, Step** **踏, 候, 交叉, 候, 繞轉圈, 踏**
41,42,43,44	Step Right Foot To Right Side, Hold, Cross Left Over Right, Hold 右足右踏, 候, 左足於右足前交叉踏, 候

45,46,47,48 Unwind One Full Turn To The Right (Using 2 Counts), Step Left Foot To Left Side, Hold 以2拍右繞轉圈, 左足左踏, 候

Part B

第一段 Toe Strut, Cross Toe Strut, ¼ Turn Triple Right, Step, ¾ Turn
趾踵, 交叉趾踵, 小三步右1/4, 踏, 轉3/4

1,2,3,4 Step Right Toe To Right Side, Heel Down And Snap Fingers, Cross Left Toe Over Right, Heel Down And Snap Fingers
右足趾右踏, 踵踏彈指, 左足趾於右足前交叉踏, 踵踏彈指

5&6,7,8 ¼ Turn Right Triple Right, Left, Right, Step Forward Left, ¾ Turn Right On Right 小三步右轉90度-右, 左, 右, 左足前踏, 右轉270度

第二段 Toe Strut, Cross Toe Strut, ¼ Turn Triple Left, Step, ¾ Turn
趾踵, 交叉趾踵, 小三步左1/4, 踏, 轉3/4

9,10,11,12 Step Left Toe To Left Side, Heel Down And Snap Fingers, Cross Right Toe Over Left, Heel Down And Snap Fingers
左足趾左踏, 踵踏彈指, 右足趾於左足前交叉踏, 踵踏彈指

13&14,15,16 ¼ Turn Left Triple Left, Right, Left, Step Forward Right, ¾ Turn Left On Left 小三步左轉90度-左, 右, 左, 右足前踏, 左轉270度

第三段 Step, Touch, Step, Touch, Out, Out, In, In X2
踏, 點, 踏, 點, 大大小小二次

17,18,19,20 Step Right To Right, Touch Left Toe Next To Right And Clap, Step Left To Left, Touch Right Toe Next To Left And Clap
右足右踏, 左足趾併點拍手, 左足左踏, 右足趾併點拍手

&21&22 Step Right Toe To Right, Step Left Toe To Left, Step Right Toe Center, Step Left Toe Center 右足右踏, 左足左踏, 右足踏回中間, 左足併踏

&23&24 Repeat Counts &21&22 重覆 &21&22

第十段 Out, Out, Hold, Hip, Hold, Hip Bumps X4
大, 大, 候, 推臀, 候, 推臀四次

&25,26,27,28 Step Right Toe To Right, Step Left Toe To Left, Hold, Bump Hip To Left, Hold 右足右踏, 左足左踏, 左推臀, 候

&29&30 Bump Hip To Right, Bump Hip To Left, Bump Hip To Right, Bump Hip To Left 右推臀, 左推臀, 右推臀, 左推臀

&31&32 Repeat Counts &29&30 (Keep Left Leg Straight And Right Knee Bent During Counts &29&30&31&32)
重覆&29&30 (當跳&29&30&31&32時, 保持左腿伸直, 右膝彎曲)

Tag COUNTS 33-48 OF PART A A部份的33-48拍

Part C COUNTS 1-32& OF PART A A部份1-32&拍

Ending Step Right To Right, Hold 右足右踏, 候

Arms 手臂動作

Part A
Counts 33-40 Shoop Shoop Or Hula Arms
Count 41 Both Arms Diagonally Down, Wrists Bent, Palms Down
Count 47 Point Both Thumbs To Chest, Hold Through Count 48
A部份
33-40 跳草裙舞的手勢
41 雙手斜角放下, 腕彎曲, 手掌向下
47 拇指指向胸部 48 候
Part B
Counts &21 Elbows Bent Into Waist, Forearm And Hand Straight Out From Elbow
Take Hands Out To Side
Counts &22 Elbows Bent Into Waist, Forearm And Hand Straight Out From Elbow
Cross One Hand Over The Other In Front
Repeat For Counts &23&24
Counts &25 Elbows Bent Into Waist, Forearm And Hand Straight Out From Elbow
Take Hands Out To Side
Count 27 Left Hand On Left Hip, Right Hand Over Your Heart, Hold Through Count 28
Counts 29,30,31,32 Pat Your Chest Over Your Heart
B部份
&21 手肘彎向腰部, 前臂及手伸向側
&22 手肘彎向腰部, 一隻手在另一手前
&23&24 重覆&21&22
&25 手肘彎向腰部, 前臂及手伸向側
27 左手放手臀, 右手放心上, 停到 28拍
29~32 在心口拍4下
Ending
Both Arms Diagonally Down Wrists Bent Palms Down, Palms Facing Front Fingers Spread Take Arms All The Way Up While Shaking Hands During The Crescendo, On The Last Beat Turn To Left And Pull The Arrow Back With Right Fist And Shoot The Arrow With The Left Pointing Finger!
雙手斜角線垂下腕彎曲手掌向下, 手掌向前手指頭分開雙手向上舉, 音樂最後重音時轉向左以拉弓狀右拳向後, 左手指向前射弓狀