

High Heels (戀上高跟鞋) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 0 級數: Improver
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音樂: One Step At a Time - Jordin Sparks



前奏: 16 counts from first beat, on vocal (app. 7 secs into track). Start with weight on L foot

第一段

- 1-4 Walk L,R,L, ¼ turn c.c.w. R step side (catwalk strides, pose)
前走步-左, 右, 左, 左轉90度右足右踏(模特兒走台步, 擺pose)(面向12點鐘)
- 5-8 Walk L,R, step L side out, step R side out (catwalk strides, pose, pose)
走步-左, 右, 左足左前踏, 右足右前踏(模特兒台步, 擺pose, 擺pose)

第二段

- 1&2 sailor L,R,L while ¼ turn c.c.w.
左90度轉水手步-左轉90度左足於右足後踏, 右足踏, 左足踏(面向9點鐘)
- 3&4 sailor R,L,R cross over, while moving forward
水手交叉-右足於左足後踏, 左足踏, 右足於左足前交叉踏(往前移動)
- 5&6 sailor L,R,L cross over, while moving forward
水手交叉-左足於右足後踏, 右足踏, 左足於左足前交叉踏(往前移動)
- 7&8 R forward and push hips up, swivel hips to L, L leg bends (sit) and look left 右足前踏前推臀, 左推臀, 左足彎曲呈坐姿向左看

第三段

- 1&2 Twist heels out, in, out (to R, L, R) with ½ turn c.c.w.
以雙足踵左轉90度-轉向外, 轉向內, 轉向外(面向6點鐘)
- 3-4 Twist heels in and L hip up (to L), heels back out (to R) and hip down (facing 6:00). 雙足踵轉向內左推臀, 右後向下推臀 (面向6點鐘)
- 5&6 L cross behind, R step side, L cross over
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 7-8 Unwind ½ turn c.w. pushing bottom backwards, push hips forward
右繞轉180度後推臀, 前推臀

第四段

- 1-2 L cross check forward, recover R while ¼ turn c.c.w and L leg rondes on floor 左足於右足前交叉下沉, 左轉90度右足回復左足繞至後
- 3-4 step back L while R knee pops across L leg, step back R while L knee pops across R leg.
左足後踏右膝於左足前交叉彈, 右足後踏左膝於右足前交叉彈
- 5-8 L reach back, L step back, R reach back, R step back (while popping shoulders on the & counts)
左足後點, (雙肩動), 左足後踏, (雙肩動), 右足後點, (雙肩動), 右足後踏, (雙肩動)

TAG: Done AFTER the 3rd and 7th wall – facing 9:00 both times, Do the FIRST 8 counts of the dance, face the side wall, do the FIRST 8 counts again. Then face the side wall again to restart the dance.

加拍:

第三面牆及第七面牆都是面向九點鐘的方向, 面向側邊加跳第一段的8拍後, 面向側邊從頭起跳