

Lay It On The Line (理個清楚) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Guy Dubé (CAN) - 2009年03月
音樂: Lay It On the Line - Divine Brown



前奏: Intro: Only 3 counts before to begin the dance

第一段 Walks, Turn ¼ Left With Side Step, Cross, Turn ¼ Right With Step Forward, Walks, Step Forward, Cross Touch, Unwind ¾ Turn Right
走, 走左1/4側交叉, 右1/4踏, 走, 走踏後點, 右3/4

1-2 Walk forward right, left 右足前走, 左足前走

&3 Turn ¼ left and step right to side, cross left over right
左轉90度右足右踏, 左足於右足前交叉踏

Style: bend knees on counts &3 &3拍要彎膝

4 Turn ¼ right and step right forward 右轉90度右足前踏

5-6 Walk forward left, right 左足前走, 右足前走

&7 Step left forward, cross touch right behind left
左足前踏, 右足於左足後交叉點

8 Unwind ¾ right (ending weight on right)
右繞轉270度(結束重心在右足)

第二段 Giant Step Side, Slide, Syncopated Rock Back, Kick Cross, Side, Cross, Rock Side With Sway
側大步, 滑後下沉回復, 踢, 後交叉, 側交叉, 下沉回復帶擺臀

1-2 Giant step left to side, slide slowly right toe toward step left
左足左大步, 右足趾滑併

&3 Cross rock back right behind left, recover on left
右足於左足後交叉下沉, 左足回復

4 Kick right diagonally to right 右足斜角前踢

5-6 Cross right behind left, step left to side
右足於左足後交叉踏, 左足左踏

& Cross right over left 右足於左足前交叉踏

7-8 Cross rock side left, recover on right 左足左下沉, 右足回復

Style: sway hips on the 'rock side' counts 7-8 7-8拍做擺臀狀

第三段 Walks, Syncopated Rock Back, Together Walks, Syncopated Lock Step, Step Forward, Touch
走, 走後下沉回復, 併, 走, 前鎖步, 點

1-2 Walk backward left, right 左足後走, 右足後走

&3 Rock back left, recover on right 左足後下沉, 右足回復

4 Step left together right 左足併踏

5-6 Walk forward right, left 右足前走, 左足前走

&7 Lock cross right behind left, step left forward
右足於左足後鎖踏, 左足前踏

8 Touch right toe forward 右足趾前點

第四段 Monterey Turn, 4x (Touch, Cross) 蒙特瑞轉, 四次點交叉

1 Touch right to side 右足右點

2 Turn ½ right and step right together 右轉180度右足併踏

- 3-4 Touch left to side, step left together 左足左點, 左足併踏
- 5& Touch right to side, cross right behind left
右足右點, 右足於左足後交叉踏
- 6& Touch left to side, cross left behind right
左足左點, 左足於右足後交叉踏
- 7& Touch right to side, cross right behind left
右足右點, 右足於左足後交叉踏
- 8& Touch left to side, cross left behind right
左足左點, 左足於右足後交叉踏
- Style: on counts 5 to 8 do a half circle from front to rear
在5-8拍做180度的由前至後的繞動
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