

Blow Your Mind (念念不忘) (zh)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Paul McAdam (UK) - 2009年03月
音樂: Blow Your Mind - Jamiroquai



前奏: Approximately 16 counts, 12 seconds into song 約16拍後起跳

第一段 Behind-Side-Cross, Ball-Step X2, Touch Cross, Kick-Ball-Side 後-旁-前交叉, 連續踏步, 點交叉, 踢踏步

- 1&2 Cross left foot behind right, step right foot to right side, cross left foot over right
左足於右足後交叉踏, 右足右踏, 左足於右足前交叉踏
- 3& Step down on ball of right foot, step down on left foot
右足踏, 左足踏
- 4& Step down on ball of right foot, step down on left foot
右足踏, 左足踏
- 5,6 Touch right toe out to right side, cross right foot over left
右足趾右點, 右足於左足前交叉踏
- 7&8 Kick left foot forward, step ball of left foot next to right, step right foot to right side 左足前踢, 左足併踏, 右足右踏

第二段 Rock &Side, Rock ¼ Turn Side, Rock & Side, Behind-Side-Cross 下沉側, 下沉轉1/4側, 下沉側, 後-旁-交叉

- 1&2 Rock left foot behind right, recover weight onto right, step left foot to left side 左足於右足後下沉, 右足回復, 左足左踏
- 3&4 Rock right foot behind left, make a ¼ turn left and step left foot forward, step right foot to right side
右足於左足後下沉, 左轉90度左足前踏, 右足右踏

RESTART: 8TH WALL. Restart the dance on the 8th wall after count 12.

第八面牆跳至此, 從頭起跳

- 5&6 Rock left foot behind right, recover weight onto right, step left foot to left side 左足於右足後下沉, 右足回復, 左足左踏
- 7&8 Cross right foot behind left, step left foot to left side, cross right foot over left 右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏

第三段 Ball-Cross, ½ Turn X2, Coaster Step, Push Back, Together, Ball-Step Touch 踏-交叉, 轉1/2二次, 海岸步, 後推, 併, 踏點

- &1,2 Step left foot to left side, cross right foot over left, make a ½ turn left and step left foot forward
左足左踏, 右足於左足前交叉踏, 左轉180度左足前踏
- 3 Make another ½ turn left and step right foot back.
左轉180度右足後踏
- 4&5 Left coaster step 左海岸步
- 6 Push hips back (weight on right) 後推臀(重心在右足)
- 7 Recover weight forward onto left foot as you step right foot next to left 左足回復右足併踏
- &8 Step left foot forward, touch right toe next to left
左足前踏, 右足趾併點

第四段 Step Back Hip Push X2, Coaster-Step-Lock-Step, ½ Touch 後踏推臀二次, 海岸步-鎖踏, 轉1/2點

- 1,2 Step back on right foot in line with left foot, push left hip forward
右足後踏, 左前推臀
- 3,4 Step back on left foot in line with right foot, push right hip forward
左足後踏, 右前推臀
- 5&6 Right coaster step 右海岸步
- &7 Lock left foot behind right, step right foot forward
左足於右足後鎖步, 右足前踏
- &8 Make a ½ turn right on right foot, touch left toe to left side.
右轉180度, 左足趾左點