

So Glamorous (魅力十足) (zh)

COPPER KNOB
BY STEPHENNETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - 2007年12月
音樂: Glamorous (feat. EnVogue) - Natalia : (CD: Everything & More)



前奏: Start: After 16 counts 16拍後起跳

- 第一段** Kick Step Rock Step x2 , Pivot ½ Turn, ¼ Turn Right with Hip sways x2 踢踏下沉回復二次, 踏轉, 推臀右轉1/4二次
- 1&2& L low kick fwd, step L down, rock R diagonal right back, Recover on L 左足略前踢, 左足踏, 右足斜後下沉, 左足回復
- 3&4& R low kick fwd, step R down, rock L diagonal left back, Recover on R 右足略前踢, 右足踏, 左足斜後下沉, 右足回復
- 5 – 6 step L fwd, Pivot ½ Turn right 左足前踏, 右軸轉180度
- 7&8& step L fwd, ¼ Turn Right x2 (push hips) (12)
左足前踏, 推臀右轉90度二次(面向12點鐘)
- 第二段** Left Kick, Cross, Back, Jump Back and kick, Cross , Back, Side with hip sway, Coaster Heel & 左踢, 交叉, 後, 後跳踢, 交叉, 後, 側推臀, 海岸踵
- 1 L kick fwd (push both arms fwd) 左足前踢(雙手前推)
- 2 & 3 Step L across R , Step R back, Jump L diagonal back and Kick R Out
左足於右足前交叉踏, 右足後踏, 左足斜後跳右足右踢
- 4 & Step R across L, Step L back 右足於左足前交叉踏, 左足後踏
- 5 - 6 Step R to side and push hips (turn R shoulder from front to back), Recover on L and push hips left (turn L shoulder front to back)
右足右踏右推臀(右肩由前轉向後), 左足回復左推臀(左肩由前轉向後)
- 7&8& Step R back, Step L next to R, Touch R Heel fwd, Step R Down
右足後踏, 左足併踏, 右足踵前點, 右足踏
- 第三段** Left Slide, Slide ¼ Turn Right, Heel & Touch & , Step Fwd, Close, Sailor ½ Turn With Kick & 左滑, 右1/4滑併, 踵收點收, 前踏, 併, 轉1/2水手帶踢
- 1 – 2 Slide L to Left side, Make ¼ Turn left and slide with R to right side (9) 左足左滑踏, 左轉90度右足滑併踏(面向9點鐘)
- 3&4& Touch L Heel fwd, Step L down, Touch R next to L , Step R down
左足踵前點, 左足踏, 右足併點, 右足踏
- 5 – 6 Big step fwd with L, Step R next to L 左足前一大步, 右足併踏
- 7&8& ½ Turn left with sweep en step L behind R , Step R next to L, L kick fwd, Step L down (3)
左轉180度左足繞至右足後, 右足併踏, 左足前踢, 左足踏(面向3點鐘)
- 第四段** Dip, Raise & Kick, Vaudeville, Diag. Fwd , Fwd, Heel Fwd, Hitch, Touch Back,Hitch 蹲, 站踢, 交叉 踏 點收, 斜前, 前, 前點, 抬, 後點, 抬
- 1 – 2 Step R to right side and bend knees, Raise and Kick R. Diag. fwd
右足右蹲踏, 站直右斜前踢
- 3&4& Step R across L, Step L in place, Touch R Heel fwd, Step R next to L 右足於左足前交叉踏, 左足踏, 右足踵前點, 右足併踏
- 5 – 6 Step L diagonal right fwd, Step R Fwd 左足右斜前踏, 右足前踏
- 7&8& Touch L Heel fwd, Hitch L knee and left shoulder up, Touch L toe back and shoulder down, Hitch L knee and shoulder up
左足踵前點, 左膝抬抬高左肩膀, 左足趾後點肩膀放下, 左膝抬肩膀抬
- Tag after wall 7 (facing 9 o'clock): 第七面牆結束面向9點鐘時加拍
- 1 – 4 Step L fwd, Pivot ½ Turn x2 左足前踏, 軸轉180度二次

