

So Yesterday (愛情過去式) (zh)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jo Kinser (UK) & Mark Furnell (UK) - 2009年10月
音樂: Yesterday - Toni Braxton



前奏: Start 16 counts in on the vocals (0:12).

第一段 Fwd, Step, Full Turn, Back Lock Step, Side, Rock, Cross, Side, Cross
前, 踏, 轉圈, 後鎖步, 側, 下沉, 交叉, 側, 交叉

- 1 Step Rt fwd 右足前踏
- 2&3 Step Lt fwd making 1/2 turn Rt (in place), Step Rt fwd, Make a 1/2 turn Rt stepping back Lt
左足前踏, 右轉180度右足前踏, 右轉180度左足後踏
- 4&5 Step Rt back, Lock Lt in front of Rt, Step Rt back
右足後踏, 左足於右足前鎖踏, 右足後踏
- 6 Step Lt a big step to Lt 左足左一大步
- 7& Step ball of Rt behind Lt heel, Make 1/4 turn Lt crossing Lt over Rt 右足於左足踵後踏, 左轉90度
左足於右足前交叉踏
- 8& Step Rt to Rt, Cross Lt over Rt 右足右踏, 左足於右足前交叉踏

第二段 Side, Rock Replace, Side, Rock 1/4 Side, Rock Turn Hook, Step Lock
側, 下沉回復, 側 下沉 1/4側, 下沉 轉 勾, 踏 鎖

- 1 2& Step Rt a big step to Rt, Rock Lt back, Replace weight Rt over Lt, 右足右一大步, 左足後下沉, 右足回復,
- 3 4& Step Lt to Lt, Rock Rt back, Replace weight Lt,
左足左踏, 右足後下沉, 左足回復,
- 5 6& Make 1/4 turn Lt stepping Rt to Rt, Rock Lt back, Replace weight Rt over Lt 左轉90度右足右踏,
左足後下沉, 右足回復
- 7& Make a 1/4 turn Rt stepping back Lt, Make a 1/2 turn Rt hooking Rt in front of Lt 右轉90度左足後踏,
右轉180度右足於左足前勾
- 8& Step Rt fwd, Lock Lt behind Rt 右足前踏, 左足於右足後踏

第三段 Lunge, Back, Coaster Step, Rock Replace, Triple Full Turn Sweep
曲膝, 後, 海岸步, 下沉回復, 三步轉圈 繞

- 1,2 Lunge fwd on Rt, Replace weight Lt stepping back Lt
右足前曲膝踏, 左足回復
- 3&4 Step back Rt, Step Lt next to Rt, Step Rt fwd
右足後踏, 左足併踏, 右足前踏
- 5,6 Rock Lt fwd, Replace weight Rt 左足前下沉, 右足回復
- 7&8 Make a full turn Lt in place (walk around turn) Lt, Rt, Lt
三步左轉圈-左, 右, 左
- & Sweep the Rt foot from back to front 右足由後繞至前

第四段 Cross-Tap, Back Lock Back, Turn, Side, Rock & Turn Turn Hitch
交叉-點, 後鎖步, 轉, 側, 下沉 轉轉抬

- 1 Crossing Rt in front of Lt as Lt foot taps behind Rt (3 o'clock)
右足於左足前交叉踏左足後點(面向3點鐘)
- 2&3 Step Lt back angling body diagonally Rt (5 o'clock), Lock Rt in front of Lt, Step Lt back
左足後踏身體轉向右斜角(面向5點鐘), 右足於左足前鎖踏, 左足後踏

- 4,5 Make 1/8th turn Rt stepping Rt fwd (6 o'clock), Make 1/4 turn Rt stepping Lt to Lt (9 o'clock)
右轉45度右足前踏, 右轉90度左足左踏
- 6&7 Rock Rt back, Replace weight Lt, Make 1/4 turn L t stepping Rt back (6 o'clock) 右足後下沉, 左足
回復, 左轉90度右足後踏(面向6點鐘)
- 8& Make 1/2 turn Lt stepping Lt fwd (12 o'clock), Make 1/2 turn Lt in place hitching Rt (6 o'clock)
左轉180度左足前踏(面向12點鐘), 左轉180度右足抬(面向6點鐘)
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