

Dancing In Flames (火焰之舞) (zh)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: High Beginner
编舞者: Irene Deng (TW) - 2016年07月
音乐: Dancing in Flames (Dandy Lion Remix) - Chinook : (iTunes)



Intro : 16 count (Approx. 11 Seconds Into Track) - Sequence : AAA Tag AB / AAAB

PART A: 32 count

SECTION 1: FORWARD STEP, TOGETHER , HIP SWAYS, FORWARD STEP , TOGETHER, HIP SWAYS

- 1 – 2 Step R forward diagonal (1:30) , Step L beside R,
- 3 & 4 Step & Hip sways RLR
- 5 – 6 Step L forward diagonal (10:30) , Step R beside L
- 7 & 8 Step & Hip sways LRL
- 1 – 2 右足右斜前踏，左足併右足旁
- 3 & 4 雙足原地踏同時扭臀 右左右
- 5 – 6 左足左斜前踏，右足併左足旁
- 7 & 8 雙足原地踏同時扭臀 左右左

SECTION 2: BACK, TOUCH HIP BUMP , BACK , TOUCH HIP BUMP, MAMBO, RECOVER, BACK, BACK MAMBO, RECOVER, FORWARD

- 1 – 2 Step R back, Touch L forward & Bumping Hip Forward
- 3 – 4 Step L back, Touch R forward & Bumping Hip Forward
- 5 & 6 Mambo R forward, recover on L , Step R back
- 7 & 8 Mambo L back ,recover on R , Step L forward
- 1 – 2 右足退，左足點在右足前推左臀
- 3 – 4 左足退，右足點在左足前推右臀
- 5 & 6 右足前曼波，重心回左足，右足後踏
- 7 & 8 左足後曼波，重心回右足，左足前踏

SECTION 3 : SAMBAX2,PIVoT 1/2 R, SAMBA

- 1 , &2 Cross R over L, Step L to left side, Replace on R
- 3, &4 Cross L over R, Step R to right side, Replace on L
- 5 – 6 Step R forward, making 1/2 turn left , Step L forward
- 7, & 8 Cross R over L, Step L to left side, Replace on R
- 1, & 2 右足交叉左足前，左足左旁踏，重心回右足
- 3, &4 左足交叉右足前，右足右旁踏，重心回左足
- 5 – 6 右足前踏 向左後轉 左足前踏
- 7 & 8 右足交叉左足前，左足左旁踏，重心回右足

SECTION 4 : CROSS, COUNTER CLOCKWISE UNWIND, FORWARD SHUFFLE, HIP SWAY, TOUCH HIP BUMP, HIP SWAY, TOUCH HIP BUMP

- 1 – 2 Cross L over R , Step R forward Counterclockwise unwind ,
- 3 & 4 Step L forward, Step R next to L, Step L forward
- 5 – 8 Step R to R side Hip sway from back to right , Step R to R side Hip sway from back to left
- 1 – 2 左足交叉右足前，右足前踏逆時轉一圈
- 3 & 4 左足前進交換步 左右左
- 5 – 8 右足右踏同時臀部由後往右，左足旁點同時推臀，左足左踏同時臀部由後往左，右足旁點同時推臀

PART B : 32 count

SECTION 1 : WEAWE, LOCK BACK , 1/8 TURN R CHASSE, 1/2 TURN R CHASSE

- 1 & 2 Cross R behind L , Step L to L, Cross R over L

- 3 & 4 Step back diagonal on L(1:30), lock R in front of L, step back on L
5 & 6 1/4 Turn right Step R to right side, step L next to R, Step R to right
7 & 8 1/2 turn right, Step L to left side, step R next to L, Step L to left
1 & 2 編織步 右足左後踏，左足旁踏，右足交叉左足前
3 & 4 斜退鎖步(面向1:30)，左足後踏，右足鎖左足後，左足退
5 & 6 右轉1/8 右側滑步(RLR)(3:00)
7 & 8 右轉1/2左側滑步(LRL) (9:00)

SECTIONS 2 - 4 Repeat section 1

第二到第四個八拍 重複第一個八拍的腳步

Tag: Dance to end of wall 3 , Add on a 4 count Tag

1 – 4 Sway to right(1,2) , Sway to left (3,4)

間奏: 在第三面牆結束 做四拍間奏。

重心右足身體搖擺往右 2拍，重心換至左足身體搖擺往左 2 拍

Have fun!!! Happy Dance

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