

Teresa's Rumba (zh)

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: Adrian Helliker (FR) - 2017年08月
音乐: Xin Zhong Xi Huan Jiu Shuo Ai (心中喜歡就說愛) - Teresa Teng (鄧麗君)



Intro: 40 Counts into track

[1-8] RIGHT LEFT RUMBA BOX, FORWARD, HOLD, BACK, HOLD

1-2 Step right to side, step left next to right 右足右踏, 左足併踏
3-4 Step right forward, hold 右足前踏, 候
5-6 Step left to side, step right next to left 左足左踏, 右足併踏
7-8 Step left back, hold (Restart Here) 左足前踏, 候 (重新启动这里)

Easily Restart, dance on wall 4 up to 8 counts and start from scratch (12:00)
轻松重新启动, 在墙4跳舞高达8计数, 从头开始重新启动 (12:00)

[9-16] RIGHT COASTER STEP, HOLD, LEFT STEP, LOCK, STEP

1-2 Step back on Right, step Left beside Right 右后退一步, 左下一步右
3-4 Step right forward, hold 右前方一步, 持有
5-6 Step left forward, lock right behind left 步骤左前锋, 身后左锁右
7-8 Step forward left, hold 左一步, 持有

[17-24] ¼ PADDLE TURN LEFT TWICE, JAZZ BOX, CROSS

1-2 Step right forward, ¼ turn left (Weight on left) 右前方一步, ¼左转 (左重量)
3-4 Step right forward, ¼ turn left (Weight on left) 右前方一步, ¼左转 (左重量)
5-6 Cross right over left, step back on left 交叉右前左, 左退一步
7-8 Step right to right side, cross left over right 步骤权右侧, 横遗留右

[25-32] REVERSE RUMBA BOX

1-2 Step right step side, left together next to right 右步骤侧, 左一起旁边右
3-4 Step right back hold 右后退一步持有
5-6 Step left to left side, right together beside left 左步左边, 右边一起在左边
7-8 Step left forward hold 左向前迈进了一步持-持有