Under My Umbrella (雨傘下) (zh)

Count: 32 **Wand:** 4 **Ebene:** Intermediate

Choreograf/in: Mark Cosenza (USA) & Glen Pospieszny (USA) - 2007年09月

Musik: Umbrella (Seamus Haji & Paul Emanuel Radio Edit) - Rihanna : (Please note this is not choreographed to the original version!)

第一段 Tap Step R, ¼ Tap Step L, Step Together, ¼ Bump & Bump
點, 踏, 1/4點 踏, 併踏, 1/4推臀

1 - 2 Tap R Fwd, Step down on R 右足前點, 右足踏

3 - 4 Pivot ¼ L and Tap L Fwd, Step down on L (9:00)
左轉90度左足前點, 左足踏(面向9點鐘)

5 - 6 Step R next to L, Pivot ¼ L (Weight remains on R) but keep head looking at 9:00 wall 右足併踏, 左轉90度重心在右足頭看向右看(面向6點鐘)

7& 8 Bump hips L, R, L (head looks forward on count 8)
左推臀, 右推臀, 左推臀(頭向前看)

(Note*: You are actually bumping your hips forward and back to the 6:00 wall*) 面向6點鐘時推臀為前後推臀

第二段 Tap Knee Roll, Cross Rock Back, Step Behind ¼ Cross Turn Step
點 膝轉, 後交叉下沉 回復, 踏 後 1/4交叉轉 踏

1 - 2 Tap R next to left and roll knee clockwise stepping down on R (6:00)
右足併點, 順時針轉膝右足踏(面向6點鐘)

3 - 4 Cross Rock L behind R, Recover
左足於右足後交叉下沉, 右足回復

5 – 6 Step L next to R, Cross R behind L
左足併踏, 右足於左足後交叉踏

&7-8 Step Down L next to R, Cross R in front of Left and pivot ¼ L, Step Fwd L (3:00) 左足併踏, 右足於左足前交叉左轉90度, 左足前踏

第三段 Step Hold, Roll In and Out, Step Back, Coaster Step, Lock Behind
踏 候, 轉入及轉出, 後踏, 海岸步, 後鎖

1 - 2 Step R next to L, Hold 右足併踏, 候

(Arm Movements*: Punch Left arm in a fist chest level from L to R, Take R hand and cup over L fist pushing it back from R to L*)
左手在胸前由左推向右, 右手在左手上面由右再推回左

3 - 4 Roll both knees inward to outward slightly dipping down and up (keep weight on L) 雙膝由內轉向外先略蹲後站立(重心保持在左足)

5 – 6& Step R slightly back, Step L behind R, Step R next to L
右足略後踏, 左足於右足後踏, 右足併踏

7 – 8 Step L fwd, Lock R behind L 左足前踏, 右足於左足後鎖踏

第四段 Unwind, Bounce, Bounce, Bounce, Cross Rock Back, Recover, Cross Forward x2 繞, 彈跳, 後下沉回復, 交叉走步二次

1 - 4 Unwind ½ to the Right slightly bouncing heels for each count (Weight on L) (9:00)
雙足踵彈跳以4拍右繞轉180度, 最後重心在左足(面向9點鐘)

5 – 6 Cross Rock R behind L, Recover 右足於左足後下沉, 左足回復

7 Cross Step forward R in front of L 右足於左足前交叉踏