

# The Legend of Wrangler (牧马人的传说) (zh)

COPPER KNOB  
STEPSHEETS

Count: 132

Wall: 2

Level: Phrased Advanced

Choreographer: Danping Chen (CN) - 2014年03月

Music: Mu Ma Ren De Chuan Shu (牧马人的传说) - Nigel (尼格尔)



表演团队：中国浙江衢州排舞协会

舞蹈顺序：A(32)\A\B(32)\B\C\A\B(32)\B\*结束

Sequence: A(32) AB(32)BCAB(32)B\* Ending

前奏：16

Intro: 16 counts

Part A: 34 counts

A部份, 34拍

第一段：右脚启动12点方向前进步、旁移动，接摇椅步旁移

Sec1 forward, forward, side, together, side, together, forward, recover, back, back, side, together

- 1, 2 右脚前进一步，左脚前进一步  
1, 2 step right forward, step left forward  
3&-4& 右脚旁一步左脚并，右脚旁一步左脚并  
3&4& Step right to right side, step left together, step right to right side, touch left together  
5,6 左脚进一步，右脚踏，  
5, 6, step left forward, recover on right,  
7&8& 左退步,右退步,左脚旁一步,点右并左  
7&8& Step left back, Step right back, Step left to left side, touch right together

第二段：右脚尖点地2次,交叉步，左脚尖点地2次、摇椅步

Sec2 touch, touch, behind, side, side, turn 1/2, touch, touch, diagonal, recover, touch

- 9, 10 右脚尖旁点地2次  
9, 10 touch right to right side twice  
11&-12 右脚后跨，左脚旁一步、右旁跨一步，左转身180度(6点)  
11&12 cross right behind left, Step left to left side, Step right to right side, turning 1/2 left. (6:00)  
13, 14 左脚尖旁点地2次  
13, 14 touch left to left side twice  
15&16 左脚右侧前方一步、右脚踏步、左脚旁点一步  
15&16 step/cross left to right diagonal, recover on right, touch left to left side

第三段：点地轴转270、后退二步，二个海岸步

Sec3 touch, together, turning 3/4, back, back, coaster step, turning 1/4, turn full

- 17-18 左脚点地一次，外轴左转270度(9点)，落地并双脚  
17,18 touch left to left side, step left together, turning 3/4 left. (9:00)  
19-20 右脚后退一步，左脚后退一步  
19,20 Step right back, Step left back,  
21&-22 右海岸步：右脚退一步，左脚并步、右脚前一步右转90度(面12:00)  
21&22 Step right back, step left together, Step right forward, turning 1/4 right (12:00)  
23&-24 左脚旁一步 右脚并步左转身360度 左脚前迈一步  
23&24 step left forward turning 1/4 right, step right together turning 1/2 right, step left forward turning 1/4 right

第四段：右剪刀步、左剪刀步，接2个海岸步转身

Sec 4 right scissor step, left scissor step, coaster step, coaster step turning 1/2.

- 25&26 右脚旁一步左脚并、右脚前跨左脚一步

- 25&26 Step right to right side, step left together , cross right over left.  
 27&28 左脚旁一步右脚并、左脚前跨右脚一步  
 27&28 Step left to left side, step right together, cross left over right  
 29&30 右脚退一步 , 左脚并步、右脚前一步  
 29&30 Step right back, step left together , Step right forward  
 31&32 左脚后退一步 右脚并步转身180度 左脚前迈一步 ( 6点 )  
 31&32 Step left back, step right together turning 1/2 left, step left forward ( 6:00 )  
 33&34 右脚前旁跟踢步 、 右脚后旁跨一步  
 33&34 Brush right forward, flick right back, touch/ cross right behind left.

**Part B: 34 counts**  
**B部份, 34拍**

**第一段：右横步,左横步，连续前进三连步脚，转身180**

**Sec1 side, behind, recover , side, behind, recover , forward, forward , forward, Left ½ pivot , recover , forward, forward ,**

- 1-2& 右脚旁一步，左脚后跨一步，右脚踏步  
 1, 2& Step right to right side, cross left behind right, recover on right.  
 3-4& 左脚旁一步、右脚后跨一步，左脚踏步  
 3, 4& Step left to left side, cross right behind left, recover on left.  
 5, 6 右脚前进一步、左脚前进一步  
 5, 6 step right forward, step left forward  
 7&-8& 右脚前进一步左转180 ( 6点 ) 、 左脚踏一步、右脚前进一步、左脚前进一步  
 7&, 8& step right forward , pivot Left ½ turn , recover on left , step right forward, step left forward ( 6 : 00 )

**第二段：右爵士盒步，右旁步左跨步、左爵士盒步，左旁步右跨步**

**Sec2 jazz box , side, behind , turn 1/4 , jazz box , turn 1/4 , side, behind**

- 9&-10& 右脚前进一步、左踏步、接右并步左前进一步，  
 9&10& Step right cross left, Step back on left foot, Step right together, Step left cross right  
 11, 12 右脚旁一步，左脚后跨一步  
 11, 12 Step right to right side, touch/ cross left behind right  
 13&-14& 左转90度，左脚前进一步、右踏步、接左并步右前进一步，  
 13&14& turn 1/4 left , Step left cross right , Step back on right foot , Step left together , Step right cross left  
 15, 16 左转90度，左脚旁一步，右脚后跨一步(12:00)  
 15, 16 turn 1/4 left , step left to left side, touch/ cross right behind left(12:00)

**第三段：二个前恰恰步接三连步，转身重复一次，变换方向**

**Sec3 turn 1/4 , shuffle, shuffle, pivot ½ turn , forward, forward, shuffle, turn 1/4 left ,shuffle, pivot Left ½ turn , forward, forward**

- 17&&-18&& 右转90度 ( 3点 ) 右脚前恰恰步，左脚前恰恰步  
 17&&18&& turn 1/4 right , right Forward shuffle , left Forward shuffle ( 3 : 00 )  
 19&-20& 右脚前进一步转身180左脚前踏步、右左前进连续2步 ( 9点 )  
 19&20& step right forward , pivot Left ½ turn , recover on left , step right forward, step left forward ( 9 : 00 )  
 21&&-22&& 右脚前恰恰步，左转90度 ( 6点 ) 继续左前恰恰步  
 21&&22&& right Forward shuffle , turn 1/4 left , left Forward shuffle ( 6 : 00 )  
 23&-24& 右脚前进一步、转身180左脚前踏步、右前进左前进连续2步 ( 12:00 )  
 23&24& step right forward , pivot Left ½ turn , recover on left , step right forward, step left forward ( 12:00 )

**第四段：右后跨步耸肩4次，接摇椅步，左后跨步耸肩，转身180碎肩**

**Sec4 behind, Shrug shoulders, chair step, behind, Shrug shoulders, turn 1/2 , bump shoulders**

- 25&-26& 右脚后跨一步、耸肩4次

25&26& touch/ cross right behind left, Shrug the shoulders four times.  
 27&-28 右脚前旁一步、左踏步、右脚后旁跨一步  
 27&28 step right to right diagonal, recover on left , touch/ cross right behind left  
 29&-30& 右脚旁一步 , 左脚后跨一步 耸肩2次  
 29&30& Step right to right side, cross left behind right, Shrug the shoulders twice.  
 31-32 左转身180度 , 左脚在前配合肩颤动 ( 碎肩 )  
 31, 32 turn 1/2 left , bump the shoulders  
 33, 34 继续碎肩颤动  
 33, 34 bump the shoulders

注明：最后的B部分，旋转360度至（12点），然后接跳结束部分的动作。

B\*：When you dance 31 count of the last Section B, turn full left ( 12:00 ) .

**Part C: 64 counts**

C部份, 64拍(特别注明：此音乐段落节奏加快，节拍也随之加快)

第一段：右左（长靠）3步一点地，

**Sec1 forward, recover, touch ,turning 1/4 , side, cross, recover, touch , side**

1-2 右脚前进一步，左脚踏步，  
 1,2 step right forward, recover on left ,  
 3-4 右脚点地（脚尖扭转）向右转身90度、右脚旁一步  
 3,4 touch right in place, turning 1/4 right , Step right to right side(3:00)  
 5-6 左脚前跨一步、右踏步  
 5, 6 cross left over right, recover on right  
 7, 8 左脚点地（脚尖扭转）、左脚旁一步  
 7, 8 touch left in place, Step left to left side

第二段：右左（长靠）3步一点地，

**Sec2 forward, recover, touch ,turning 1/4 , side, cross, recover, touch , side**

9-10 右脚前进一步，左脚踏步，  
 9, 10 step right forward, recover on left  
 11-12 右脚点地（脚尖扭转）向右转身90度、右脚旁一步  
 11,12 touch right in place, turning 1/4 right , Step right to right side(6:00)  
 13-14 左脚前跨一步、右踏步  
 13, 14 cross left over right, recover on right  
 15, 16 左脚点地（脚尖扭转）、左脚旁一步  
 15, 16 touch left in place, Step left to left side

第三段：前后滑步

**Sec3 cross, touch side , cross, touch side , behind, touch side , behind, touch side ,**

17-18 右脚前跨一步，左脚旁点地一步  
 17,18 cross right over left, touch left to left side  
 19-20 左脚前跨一步，右脚旁点地一步  
 19,20 cross left over right, touch right to right side  
 21-22 右脚后跨一步、左脚旁点地一步  
 21,22 cross right behind left, touch left to left side  
 23,24 左脚后跨一步 右脚旁点地一步  
 23,24 cross left behind right, touch right to right side

第四段：摇篮马步（右脚前左脚后，两脚交叉，左右移动脚重心）

**Sec4 rock step cross, recover , recover , recover , recover , recover**

25-26 右脚前跨一步，左脚靠后，重心右重心左  
 25,26 rock step right cross left, recover on left  
 27-28 重心右重心左  
 25,26 recover on right , recover on left  
 29-30 重心右重心左

25,26 recover on right , recover on left  
31-32 重心右重心左  
25,26 recover on right , recover on left

**第五段--第八段：( 33--64拍 ) 重复一次 ( 1--32拍 ) 脚步和动作 。  
Sec5-8 ( 33—64count ) repeat Sec1-4 ( 1—32count )**

**结束动作参考：**

**重复B部分的25--32拍舞步，然后高举双手向左连续转圈，最后定格。**

**Ending：repeat 25—32 count of Section B，open hands up，spiral five times turn left，  
Pose!!!**

**Enjoy!!!**

**动作参考：**

**Note: please refer to the video for Hand's movement**

<https://www.youtube.com/watch?v=65yPoBb6Rb8&feature=youtu.be>

<https://www.youtube.com/watch?v=q80velcKX30&feature=youtu.be>

[http://v.youku.com/v\\_show/id\\_XNjkwNTQ2MTQ4.html](http://v.youku.com/v_show/id_XNjkwNTQ2MTQ4.html)

<http://video.sina.com.cn/v/b/128604520-2750899474.html>

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