

Sleeping Child (熟睡寶寶) (zh)

COPPER KNOB
BY STEPHEN METZ

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Maggie Gallagher (UK) - 2010年10月

Musique: Sleeping Child - Michael Learns to Rock



前奏 : Intro: 24 counts (15 secs) 24拍(約15秒)後起跳

第一段 Drag, Cross Rock Back, Recover, Rumba Box Forward, Rock Forward, Recover, R Coaster
右大步左拖併, 後下沉 回復, 倫巴方塊, 下沉 回復, 海岸步

1-2 Take a big step to right dragging left to meet right, Cross rock left behind right 右足右一大步左足拖併, 左足於右足後交叉下沉

3-4 Recover on right, Step left to left side
右足回復, 左足左踏

8&5 Step right next to left, Step forward on left
右足併踏, 左足前踏

6-7 Rock forward on right, Recover on left
右足前下沉, 左足回復

8&1 Step back on right, Step left next to right, Step forward on right
右足後踏, 左足併踏, 右足前踏

第二段 Step ½ Pivot Right, Full Triple Turn R, Walk R, Walk L, R Lock Step
踏 轉, 三步右轉圈, 走走, 前鎖步

2-3 Step forward on left, ½ pivot right [6]
左足前踏, 右軸轉180度(面向6點鐘)

4&5 Full triple turn right stepping left right left (alternative left shuffle) [6] 三步右轉圈-左, 右, 左(簡易版: 前交換)(面向6點鐘)

6-7 Walk right, Walk left 右足前走, 左足前走

8&1 Step forward on right, Lock left behind right, Step forward on right
右足前踏, 左足於右足後鎖踏, 右足前踏

第三段 Rock Forward L, Recover, ¼ L Chasse, Cross, Side, R Sailor
下沉 回復, 1/4左追步, 交叉 左, 水手步

2-3 Rock forward on left, Recover on right
左足前下沉, 右足回復

4&5 ¼ turn left stepping left to left side, Step right next to left, Step left next to right [3]
左轉90度左足左踏, 右足併踏, 左足併踏(面向3點鐘)

6-7 Cross right over left, Step left to left side
右足於左足前交叉踏, 左足左踏

8&1 Step right behind left, Step left to left side, Step right next to left 右足於左足後踏, 左足左踏, 右足併踏

第四段 Cross, Side, L Sailor, Skate R, Skate L, Side Together
交叉 右, 水手步, 滑冰 滑冰, 右 併

2-3 Cross left over right, Step right to right side
左足於右足前交叉踏, 右足右踏

4&5 Step left behind right, Step right to right side, Step left next to right 左足於右足後踏, 右足右踏, 左足併踏

6-7 Skate right, Skate left 右足滑冰步, 左足滑冰步

8& Step right to right side, Step left next to right (restart the dance on 1) 右足右踏, 左足併踏(接續第1拍從頭起跳)
