

Islands In The Stream (河溪中的島嶼)

(zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Karen Jones (UK) - 1999年05月
音乐: Islands in the Stream - Dolly Parton & Kenny Rogers



第一段

Side, Back Rock, Recover, Chasse Right, Cross, Full Turn, Chasse Left
側, 後下沉, 回復, 右追步, 交叉, 轉圈, 左追步

- 1-3 Left Foot Step Side Left, Right Foot Rock Behind Left Left Foot, Recover Weight 左足左側踏, 右足在左足後下沉, 重心回復
- 4&5 Right Foot Side Step, Left Foot Close Next To Right, Right Foot Step To Right Side
(向右追步)
- 6-7 Left Foot Cross Over Right, Unwind A Full Turn Right (Weight Ending On Right Foot)
左足交叉於右足前, 向右轉一圈
- 8&1 Left Foot Side Step, Right Foot Close Next To Left, Left Foot Step To Left Side (向左追步)

第二段

Back Rock, Recover, Kick Ball Cross, Side Rock, Recover, Right Sailor Step 後下沉, 回復, 踢交換交叉, 側下沉, 回復, 右水手步

- 2-3 Right Foot Rock Behind Left, Recover On To Left Foot
右足在左足後下沉, 左足回復
- 4&5 Right Foot Kick Diagonally Forward, Step Back Slightly On Ball Of Right Foot, Left Foot Cross Over Right
右足右前斜對角踢, 右足後踏, 左足在右足前交叉踏
- 6-7 Right Foot Rock Out To Right Side, Recover Weight On To Left Foot
右足右側下沉, 左足回復 (重心移至左足)
- 8&1 Right Foot Step Behind Left, Left Foot To Left Side, Right Foot Replace Slightly To Right Side
(右水手步) 右足在左足後踏, 左足左側踏, 右足右側踏

第三段

Left Sailor With ¼ Turn Left, Right Forward Shuffle, ½ Turn Back To Right, Hold, Rock Back, Recover Forward
左轉1/4左水手步, 右前交換步, 右後轉1/2, 候, 後下沉, 前回復

- 2&3 Left Foot Behind Right, ¼ Left Stepping Right Foot To Right Side, Replace Left
(左水手步左轉) 左足在右足後踏, 右足左轉右側踏, 左足踏
- 4&5 Right Shuffle Forward (Stepping Right Together Right)
(往前交換步) 左足前踏, 右足踏並
- 6 Pivot ½ Turn Right Stepping Weight Back On To Left Foot While Pivoting On Ball Of Right Foot
以右足掌右後轉180度, 左足後踏 (重心左足)
- 7 Hold 候
- 8-1 Right Foot Rock Back, Recover Weight Forward On To Left Foot
右足後下沉, 左足前回復

第四段

Prissy Walk Right, Left, Reverse Sailor Step, Syncopated Jazz Box
右拘謹走步, 左, 反向水手步, 變奏爵士方塊

2-3 Right Foot Cross Over Left Angling Body To Left Corner, Left Foot Cross Over Right Angling Body To Right Corner
右足交叉於左足前，左足交叉於右足前

Alternative Easier Steps: 簡易版: 走步(右, 左)

Just Walk Forward Right Left On Balls Of Feet To Enable The Angling Of The Body

4&5 Right Foot Cross Over Left, Left Ball Of Foot Step To Left Side, Right Foot Replace Slightly To Right Side

右足交叉於左足前，左足掌左側踏，右足右側踏

Alternative Easier Steps: 簡易版

Triple In Place Right Left Right 小三步(右, 左, 右)

6-7 Left Foot Cross Over Right, Right Foot Step Back

左足交叉於右足前，右足後踏

8&8 Left Foot Step Back Slightly Further Than Right Foot, Right Foot Cross Over Left 左足略在右足後踏，右足交叉於左足前
