My Little Sister (我的小妹) (zh)

拍数: 64 **墙数:** 4 **级数:** Beginner

编舞者: Amy Yang (TW) - 2016年12月

音乐: My Little Sister by Jelly Jiang

Intro : 32 counts

Sec . 1: TOE STRUT, CROSS STRUT, SIDE, RECOVER, CROSS SHUFFLE

1 - 4	Touch RF toe forward R diagonal, Step down on RF heel, Touch LF toe over RF, Step down on LF heel
5–6,7&8	Step RF to R, Recover onto LF, Cross RF over LF, Step LF to L, Cross RF over LF
1 – 4	右足腳趾右斜前點,右足腳腫踏下,左足腳趾交叉右足前點,左足腳腫踏下
5–6,7&8	右足右踏,重心回左足,右足交叉左足前,左足左踏,右足交叉左足前

Sec . 2: TOE STRUT, CROSS STRUT, SIDE, RECOVER, CROSS SHUFFLE

1 – 4	Touch LF toe forward L diagonal, Step down on LF heel, Touch RF toe over LF, Step down on RF heel
5 – 8	Step LF to L, Recover onto RF, Cross LF over RF, Step RF to R, Cross LF over RF
1 – 4	左足腳趾左斜前點,左足腳腫踏下,右足腳趾交叉左足前點,右足腳腫踏下
5 – 8	左足左踏,重心回右足,左足交叉右足前,右足右踏,左足交叉右足前

Sec . 3: TOE STRUT(x4)

1 – 4	Touch RF toe forward, Step down on RF heel, Touch LF toe forward, Step down on LF heel
5 – 8	Touch RF toe forward, Step down on RF heel, Touch LF toe forward, Step down on LF heel
1 – 4	右足腳趾前點,右足腳腫踏下,左足腳趾前點,左足腳腫踏下
5 – 8	右足腳趾前點,右足腳腫踏下,左足腳趾前點,左足腳腫踏下

Sec . 4: MONTEREY 1/4 TURN R, HEEL, BESIDE(R&L)

1 – 4	Point RF to R, 1/4 turn R step on RF, Point LF to L, Step LF beside RF(03:00)
5 – 8	Touch RF heel forward, Step RF beside LF, Touch LF heel forward, Step LF beside RF
1 – 4	右足點右側,右轉1/4右足踏,左足點左側,左足併於右足旁(03:00)
5 – 8	右足腳腫前點,右足腳腫併於左足旁,左足腳腫前點,左足併於右足旁

Sec . 5: HOP, TOUCH(R&L), MAKE 1/4 TURN L HOP, TOUCH(R&L)

1 – 4	Hop RF to R, Touch LF together RF, Hop LF to L, Touch RF together LF
5 – 8	Make 1/4 turn L hop RF to R, Touch LF together RF, hop LF to L, Touch RF together LF(12:00)
1 – 4	右足右跳踏,左足點收於右足旁,左足左跳踏,右足點收於左足旁
5 – 8	左轉1/4右足右跳踏,左足點收於右足旁,左足左跳踏,右足點收於左足旁(12:00)

Sec . 6: SIDE SHUFFLE, BACK, RECOVER(R&L)

1& 2	Step RF to R, Step LF beside RF, Step RF to R
3 – 4	Step LF back RF, Recover onto RF
5& 6	Step LF to L, Step RF beside LF, Step LF to L
7 – 8	Step RF back LF, Recover onto LF
1& 2	右足右踏,左足併於右足旁,右足右踏
3 – 4	左足交叉右足後,重心回右足
5& 6	左足左踏,右足併於左足旁,左足左踏
7 – 8	右足交叉左足後,重心回左足

Sec . 7: HOP, TOUCH(R&L), MAKE 1/4 TURN L HOP, TOUCH(R&L)

1 – 4	Hop RF to R, Touch LF together RF, Hop LF to L, Touch RF together LF

5 – 8 Make 1/4 turn L hop RF to R, Touch LF together RF, hop LF to L, Touch RF together LF(09:00)
1 – 4 右足右跳踏,左足點收於右足旁,左足左跳踏,右足點收於左足旁
5 – 8 左轉1/4右足右跳踏,左足點收於右足旁,左足左跳踏,右足點收於左足旁(09:00)

Sec . 8: SIDE SHUFFLE, BACK, RECOVER(R&L)
1& 2 Step RF to R, Step LF beside RF, Step RF to R
3 – 4 Step LF ack RF, Recover onto RF
5& 6 Step LF to L, Step RF beside LF, Step LF to L
7 – 8 Step RF back LF, Recover onto LF
1& 2 右足右踏,左足併於右足旁,右足右踏
3 – 4 左足交叉右足後,重心回右足
5& 6 左足左踏,右足併於左足旁,左足左踏
7 – 8 右足交叉左足後,重心回左足

Start again

Restart : During wall 2, after 48 counts (facing 09:00)
重跳 :第二牆跳完48拍後(面向09:00)

Ending : During wall 6, stop after 60 counts, add 2 counts, then stop to end (facing 09:00)
1-2 1/4 turn R step LF back, Step RF beside LF(12:00)
結束 : 第五牆跳完60拍後,加跳2拍,停下結束(面向09:00)
右轉1/4左足後踏,右足併於右足旁(12:00)

Have Fun & Happy Dancing!

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