Silver Twist (銀色扭扭舞) (zh)

拍数: 32 **墙数:** 4 **级数:** Beginner

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音乐: SILVER TWIST di A. Galassi

Intro: 16 counts

S1: ROCKING CHAIR - WEAVE

1-4	Rock RF fwd - Recover onto LF - Rock RF back - Recover onto LF
5-8	Step RF to R - Step LF behind RF - Step RF to R - Touch LF beside RF
1-4	右足前下沉 - 重心回左足 - 右足後下沉 - 重心回左足
5-8	右足右踏 - 左足後跨 - 右足右踏 - 左足點於右足旁

S2: ROCKING CHAIR - WEAVE ¼ L

1-4	Rock LF fwd - Recover onto RF - Rock LF back - Recover onto RF
5-8	Step LF to L - Step RF behind LF - ¼ turn L (9:00) step LF fwd - Scuff RF
1-4	左足前下沉 - 重心回右足 - 左足後下沉 - 重心回右足
5-8	左足左踏 - 右足後跨 - 左轉 1/4 (9:00) 左足前踏 - 右足前擦踢

S3: ROCKING CHAIR - FWD PIVOT 1/4 TURN L. (x2)

1-4	Rock RF fwd - Recover onto LF - Rock RF back - Recover onto LF
5-8	Step RF fwd - Pivot 1/4 turn L (6:00) - Step RF fwd - Pivot 1/4 turn L (9:00)
1-4	右足前下沉 - 重心回左足 - 右足後下沉 - 重心回左足
5-8	右足前踏 - 向左踏轉1/4 (6:00) - 右足前踏 - 向左踏轉1/4 (9:00)

S4: JAZZ BOX - TWIST

1-4	Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF
5-8	Twist (R L R L)
1-4	右足前跨 - 左足後踏 - 右足右踏 - 左足前踏
5-8	扭扭舞步 (右 左 右 左)

Have Fun & Happy Dancing !!!

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