

La Vie En Rose (玫瑰人生) (zh)

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Easy Improver
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音乐: La Vie En Rose - Chris Commissio



Intro : 16 counts

Sec. 1: VINE(R&L)

1 - 4 Step RF to R, Cross LF behind RF, Step RF to R, Touch LF beside RF
5 - 8 Step LF to L, Cross RF behind LF, Step LF to L, Touch RF beside LF
1 - 4 右足右踏,左足交叉右足後,右足右踏,左足點收於右足旁
5 - 8 左足左踏,右足交叉左足後,左足左踏,右足點收於左足旁

Sec. 2: ROCKING CHAIR, CROSS, POINT, 1/4 TURN L STEP, POINT

1 - 4 Step RF forward, Recover onto LF, Step RF back, Recover onto LF
5 - 8 Cross RF over LF, Point LF to L, 1/4 turn L step on LF, Point RF to R(09:00)
1 - 4 右足前踏,重心回左足,右足後踏,重心回左足
5 - 8 右足交叉左足前,左足左側點,左轉 1/4左足踏,右足右側點(09:00)

Sec. 3: CROSS, SIDE, CORSS SHUFFLE, SIDE, BESIDE, FORWARD SHUFFLE

1-2,3&4 Cross RF over LF, Step LF to L, Cross RF over LF, Step LF to L, Cross RF over LF
5-6,7&8 Step LF to L, Step RF beside LF, Step LF forward, Lock RF behind LF, Step LF forward
1-2,3&4 右足交叉左足前,左足左踏,右足交叉左足前,左足左踏,右足交叉左足前
5-6,7&8 左足左踏,右足併於左足旁,左足前踏,右足鎖步左足後,左足前踏

Sec. 4: SIDE, BESIDE SIDE, TOUCH(R&L)

1 - 4 Step RF to R, Step LF beside RF, Step RF to R, Touch LF beside RF
5 - 8 Step LF to L, Step RF beside LF, Step LF to L, Touch RF beside LF
1 - 4 右足右踏,左足併於右足旁,右足右踏,左足點收於右足旁
5 - 8 左足左踏,右足併於左足旁,左足左踏,右足點收於左足旁

Sec. 5: BACK, RECOVER, 1/2 TURN L BACK, SWEEP, WEAVE, POINT

1 - 4 Step RF back, Recover onto LF, 1/2 turn L step RF back, Sweep LF from front to back(03:00)
5 - 8 Step LF behind RF, Step RF to R, Cross LF over RF, Point RF to R
1 - 4 右足後踏,重心回左足,左轉 1/2右足後踏,左足後繞(03:00)
5 - 8 左足交叉右足後,右足右踏,左足交叉右足前,右足右側點

Sec. 6: MONTEREY 1/4 TURN R, BACK, RECOVER, SIDE, BESIDE

1 - 4 Making 1/4 turn R step RF beside LF, Point LF to L, Step LF beside RF, Point RF to R
(06:00)
5 - 8 Step RF back, Recover onto LF, Step RF to R, Step LF beside RF
1 - 4 右轉1/4 右足併於左足旁,左足左側點,左足併於右足旁,右足右側點(06:00)
5 - 8 右足後踏,重心回左足,右足右踏,左足併於右足旁

Sec. 7: SIDE, HOLD, BEHIND, RECOVER(R&L)

1 - 4 Step RF to R, Hold, Step LF behind LF, Recover onto RF
5 - 8 Step LF to L, Hold, Step RF behind LF, Recover onto LF
1 - 4 右足右踏,停拍,拖左足至右足後踏,重心回右足
5 - 8 左足左踏,停拍,拖右足至左足後踏,重心回左足

Sec. 8: FORWARD, PIVOT 1/8 TURN L(x2), SWAY, HOLD(R&L)

1 - 4 Step RF forward, Pivot 1/8 turn L step on LF, Step RF forward, Pivot 1/8 turn L step on LF
(03:00)

5 - 8 Sway hip R, Hold, Sway hip L, Hold
1 - 4 右足前踏,左轉1/8左足踏,右足前踏,左轉1/8左足踏(03:00)
5 - 8 擺臀向右,停拍,擺臀向左,停拍

Start again

Restarts : During wall 3, after 24 counts (facing 03:00)
重新開始:第三面牆,跳24拍(面向03: 00)

Ending : During wall 6, after 36 counts. Turn to face 12:00 and end.
結束: 第六面牆,跳36拍,轉向12:00 結束

Have Fun & Happy Dancing!

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