

Qing Ge Li De Ni (情歌裡的你) (zh)

COPPER KNOB
STEPPERS

拍数: 80 墙数: 2 级数: Phrased Beginner
编舞者: Amy Yang (TW) & Nina Chen (TW) - 2018年11月
音乐: Qing Ge Li De Ni (情歌裡的你) (DJ版) - Wang Feng (王峰)



Intro : 36 counts

Sequence: Intro dance/ A, A, B/ Tag B/ A, A, B/ b(17-48)/ B

Intro dance (Tag): 32 counts

I1: (R&L) TOE STRUT, FWD ROCK - RECOVER, FWD SHUFFLE 1/2 R

1&2, 3&4 Touch R toe fwd with hip bump - Drop RF heel to the floor, Touch L toe fwd with hip bump - Drop LF heel to the floor
5-6, 7&8 Rock RF fwd - Recover on LF, Fwd shuffle (R L R) 1/2 turn R (6:00)
1&2, 3&4 右足尖前點加推臀 - 放下右足跟於地板 - 左足尖前點加推臀 - 放下左足跟於地板
5-6, 7&8 右足前下沉 - 重心回左足, 前交換步 (右 左 右) 向右轉1/2 (6:00)

I2: (L&R) TOE STRUT, FWD ROCK - COASTER STEP

1&2, 3&4 Touch L toe fwd with hip bump - Drop LF heel to the floor, Touch R toe fwd with hip bump - Drop RF heel to the floor
5-6, 7&8 Rock LF fwd - Recover on RF, Step LF back - Step RF beside LF - Step LF fwd
1&2, 3&4 左足尖前點加推臀 - 放下左足跟於地板 - 右足尖前點加推臀 - 放下右足跟於地板
5-6, 7&8 左足前下沉 - 重心回右足, 左足後踏 - 右足併踏左足旁 - 左足前踏

I3: (R&L) TOE STRUT, FWD ROCK - RECOVER, FWD SHUFFLE 1/2 R

1&2, 3&4 Touch R toe fwd with hip bump - Drop RF heel to the floor, Touch L toe fwd with hip bump - Drop LF heel to the floor
5-6, 7&8 Rock RF fwd - Recover on LF, Fwd shuffle (R L R) 1/2 turn R (12:00)
1&2, 3&4 右足尖前點加推臀 - 放下右足跟於地板 - 左足尖前點加推臀 - 放下左足跟於地板
5-6, 7&8 右足前下沉 - 重心回左足, 前交換步 (右 左 右) 向右轉1/2 (12:00)

I4: (L&R) TOE STRUT, FWD ROCK - COASTER STEP

1&2, 3&4 Touch L toe fwd (with hip bump) - Drop LF heel to the floor, Touch R toe fwd (with hip bump) - Drop RF heel to the floor
5-6, 7&8 Rock LF fwd - Recover on RF, Step LF back - Step RF beside LF - Step LF fwd
1&2, 3&4 左足尖前點加推臀 - 放下左足跟於地板 - 右足尖前點加推臀 - 放下右足跟於地板
5-6, 7&8 左足前下沉 - 重心回右足, 左足後踏 - 右足併踏左足旁 - 左足前踏

Part A: 32 counts

A1: GRAPEVINE, SIDE ROCK - RECOVER, CROSS SHUFFLE

1-4 Step RF to R - Cross LF behind RF - Step RF to R - Cross LF over RF
5-6, 7&8 Rock RF to R - Recover on LF, Cross shuffle (R L R)
1-4 右足右踏 - 左足後跨 - 右足右踏 - 左足前跨
5-6, 7&8 右足右下沉 - 重心回左足, 前跨交換步 (右 左 右)

A2: GRAPEVINE, SIDE ROCK - RECOVER, CROSS SHUFFLE

1-4 Step LF to L - Cross RF behind LF - Step LF to L - Cross RF over LF
5-6, 7&8 Rock LF to L - Recover on RF, Cross shuffle (L R L)
1-4 左足左踏 - 右足後跨 - 左足左踏 - 右足前跨
5-6, 7&8 左足左下沉 - 重心回右足, 前跨交換步 (左 右 左)

A3: HALF RUMBA BOX, FWD SHUFFLE, HALF RUMBA BOX, BACK SHUFFLE

1-2, 3&4 Step RF to R - Step LF beside RF, Fwd shuffle (R L R)
5-6, 7&8 Step LF to L - Step RF beside LF, Back shuffle (L R L)

1-2, 3&4 右足右踏 - 左足併踏右足旁, 前交換步 (右 左 右)
5-6, 7&8 左足左踏 - 右足併踏左足旁, 後交換步 (左 右 左)

A4: BACK ROCK - RECOVER, BACK SHUFFLE 1/2 L, BACK ROCK - RECOVER, FWD SHUFFLE

1-2, 3&4 Rock RF back - Recover on LF, Back shuffle (R L R) 1/2 turn L (6:00)
5-6, 7&8 Rock LF back - Recover on RF, Fwd shuffle (L R L)
1-2, 3&4 右足後下沉 - 重心回左足, 後交換步 (右 左 右) 向左轉1/2 (6:00)
5-6, 7&8 左足後下沉 - 重心回右足, 前交換步 (左 右 左)

Part B: 48 counts

B1: POINT - TOUCH - SIDE - DRAW, SWAY - HITCH

1-4 Point RF to R - Touch RF beside LF - Step RF to R - Draw LF beside RF
5-8 Step LF fwd sway hips (L R L) - Hitch LF
1-4 右足右點 - 右足點於左足旁 - 右足右踏 - 左足拖併於右足旁
5-8 左足前踏推臀 (左 右 左) - 左足抬起

B2: BACK ROCK - RECOVER, CHASSE, ROCK BACK - RECOVER, KICK BALL CHANGE

1-2, 3&4 Rock LF back - Recover on RF, Step LF to L - Step RF beside LF - Step LF to L
5-6, 7&8 Rock RF back - Recover on LF, Kick RF fwd - Step RF beside LF - Step LF in place
1-2, 3&4 左足後下沉 - 重心回右足, 左足左踏 - 右足併踏左足旁 - 左足左踏
5-6, 7&8 右足後下沉 - 重心回左足, 右足前踢 - 右足回踏於左足旁 - 左足原地踏

B3: FWD ROCK - RECOVER, BACK SHUFFLE, BACK ROCK - RECOVER, FWD SHUFFLE

1-2, 3&4 Rock RF fwd - Recover on LF, Back shuffle (R L R)
5-6, 7&8 Rock LF back - Recover on RF, Fwd shuffle (L R L)
1-2, 3&4 右足前下沉 - 重心回左足, 後交換步 (右 左 右)
5-6, 7&8 左足後下沉 - 重心回右足, 前交換步 (左 右 左)

B4: SIDE ROCK - RECOVER, BEHIND - SIDE - CROSS. (x2)

1-2,3&4 Rock RF to R - Recover on LF, Step RF behind LF - Step LF to L - Cross RF over LF
5-6,7&8 Rock LF to L - Recover on RF, Step LF behind RF - Step RF to R - Cross LF over RF
1-2,3&4 右足右下沉 - 重心回左足, 右足後跨 - 左足左踏 - 右足前跨
5-6,7&8 左足左下沉 - 重心回右足, 左足後跨 - 右足右踏 - 左足前跨

B5: 1/4 R FWD SHUFFLE, 1/2 L FWD SHUFFLE, 1/4 R FWD SHUFFLE, 1/2 L FWD SHUFFLE

1&2, 3&4 1/4 turn R (3:00) fwd shuffle (R L R), 1/2 turn L (9:00) fwd shuffle (L R L)
5&6, 7&8 1/4 turn R (12:00) fwd shuffle (R L R), 1/2 turn L (6:00) fwd shuffle (L R L)
1&2, 3&4 右轉1/4 (3:00) 前交換步 (右 左 右), 左轉1/2 (9:00) 前交換步 (左 右 左)
5&6, 7&8 右轉1/4 (12:00) 前交換步 (右 左 右), 左轉1/2 (6:00) 前交換步 (左 右 左)

B6: FWD - 1/4 PIVOT L - FWD - 1/4 PIVOT L, JAZZ BOX

1-4 Step RF fwd - Pivot 1/4 turn L (3:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (12:00) weight on LF
5-8 Cross RF over LF - Step LF back - Step RF to R - Cross LF over RF
1-4 右足前踏 - 向左踏轉1/4 (3:00)重心回左足 - 右足前踏 - 向左踏轉1/4 (12:00)重心回左足
5-8 右足前跨 - 左足後踏 - 右足右踏 - 左足前跨

Have Fun & Happy Dancing!!!

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