

Tears I Cry (我的眼淚) (zh)

COPPER KNOB
STEPSHEDS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK)
音乐: Hello How Are You (Radio Edit) - No Mercy : (Album: No Mercy Greatest Hits)



- 第一段** **Chasse Right, Touch Back, Pivot ½ Turn Left, Step Pivot ½ Turn Left, Kick Ball Change.** 右追步, 後點 轉, 踏 轉, 踢踏踏
- 1 & 2 Step R to R side. Step L next to R. Step R to R side.
右足右踏, 左足併踏, 右足右踏
- 3 & 4 Touch L toe back behind. Pivot ½ turn L taking weight on L.
左足趾後點, 左軸轉180度重心在左足
- 5 & 6 Step forward on R. Pivot ½ turn L.
右足前踏, 左軸轉180度
- 7 & 8 Kick R forward. Step down on ball of right. Step down on L.
右足前踢, 右足踏, 左足踏
- 第二段** **Right Side Rock, Weave Left, Chasse Left, Touch Back, Pivot ½ Turn Right.** 右下沉 回復, 後 旁 前, 左追步, 後點 轉
- 1 & 2 Rock out to R on R. Recover on to L. 右足右下沉, 左足回復
- 3 & 4 Cross step R behind L. Step L to L side. Cross step R over L.
右足於左足後交叉踏, 左足左踏, 右足於左足前交叉踏
- 5 & 6 Step L to L side. Step R next to L. Step L to L side.
左足左踏, 右足併踏, 左足左踏
- 7 & 8 Touch R toe back behind. Pivot ½ turn R. (Weight on R).
右足趾後點, 右軸轉180度(重心在右足)
- 第三段** **Heel Switches x 2, Left Shuffle Forward, Scuff Hitch(Hop) Step, Step Forward, Touch.** 踵收踵收, 前交換, 擦踢 抬跳 踏, 踏 後點
- 1&2 & Dig L heel forward. Step L next to R. Dig R heel forward. Step R next to L. 左足踵前點, 左足併踏, 右足踵前點, 右足併踏
- 3 & 4 Step forward on L. Step R next to L. Step forward on L.
左足前踏, 右足併踏, 左足前踏
- 5 & 6 Scuff R forward. Hitch R knee up and do a little hop at the same time. Step R forward. 右足前擦踢, 右膝抬跳, 右足前踏
- 7 & 8 Step forward on L. Touch R toe behind L.
左足前踏, 右足趾後點
- 第四段** **Shuffle Back x 2, Rock Back, Step Pivot 1/4 Turn Left.** 後交換, 後交換, 後下沉 回復, 踏 轉1/4
- 1 & 2 Step back on R. Step Left next to R. Step back on R.
右足後踏, 左足併踏, 右足後踏
- 3 & 4 Step back on L. Step R next to L. Step back on L.
左足後踏, 右足併踏, 左足後踏
- 5 & 6 Rock back on R. Recover on to L. 右足後下沉, 左足回復
- 7 & 8 Step forward on R.. Pivot 1/4 turn L.
右足前踏, 左軸轉90度
- 第五段** **Shuffle Forward, Shuffle ½ Turn Right, Rock Back, Full Turn Left.** 前交換, 轉交換, 後下沉 回復, 左轉圈
- 1 & 2 Step forward on R. Step L next to R. Step forward on R.
右足前踏, 左足併踏, 右足前踏

- 3 & 4 Turn 1/4 R stepping L to L side. Step R next to L. Turn 1/4 R stepping back on L. 右轉90度左足左踏, 右足併踏, 右轉90度左足後踏
- 5 6 Rock back on R. Recover on to L. 右足後下沉, 左足回復
- 7 8 Turn 1/2 L stepping back on R. Turn 1/2 L stepping forward on L. 左轉180度右足後踏, 左轉180度左足前踏

第六段 Step Right Diagonal, Together, Jump Feet Apart, Step Back, Rock Back, Shuffle To Left Diagonal.
斜角踏, 併, 跳分開, 後, 後下沉 回復, 斜角前交換

- 1 2 Step Forward on R to Right diagonal. Step L next to R. 右足右斜角前踏, 左足併踏
- & 3 4 Jump feet apart on R, L. Step back on R. 雙腳分開-右, 左, 右足後踏
- 5 6 Straighten up to the 9 o'clock wall and Rock back on L. Recover on to R. 轉向正面向9點鐘左足後下沉, 右足回復
- 7 & 8 Facing your L diagonal step forward on L. Step R next to L. Step forward on L. 面向左斜角左足前踏, 右足併踏, 左足前踏

第七段 Step To Left Diagonal, Together, Jump Feet Apart, Step Back, Rock Back, Shuffle With 1/4 Turn Left.
斜角踏, 併, 跳分開, 後, 後下沉 回復, 1/4轉交換

- 1 2 Step Forward on R still facing Left diagonal. Step L next to R. 面向左斜角右足前踏, 左足併踏
- & 3 4 Jump feet apart on R, L. Step back on R. 雙腳分開-右, 左, 右足後踏
- 5 6 Turn to face the 6 o'clock wall and Rock back on L. Recover on to R. 轉正面向6點鐘左足後下沉, 右足回復
- 7 & 8 Turn 1/4 L to face 3 o'clock wall stepping forward on L, Step R next to L. Step forward on L. 左轉90度面向3點鐘左足前踏, 右足併踏, 左足前踏

第八段 Diagonal Step Lock Step x 4, Right, Left, Right, Left.
斜角前鎖步四次-右, 左, 右, 左

- 1 2 & Step R forward to R diagonal. Lock step L behind R. Step R forward to R diagonal. 右足右斜前踏, 左足於右足後鎖踏, 右足右斜前踏
- 3 4 & Step L forward to L diagonal. Lock step R behind L. Step L forward to L diagonal. 左足左斜前踏, 右足於左足後鎖踏, 左足左斜前踏
- 5 6 & Step R forward to R diagonal. Lock step L behind R. Step R forward to R diagonal. 右足右斜前踏, 左足於右足後鎖踏, 右足右斜前踏
- 7 8 & Step L forward to L diagonal. Lock step R behind L. Step L forward to L diagonal. 左足左斜前踏, 右足於左足後鎖踏, 左足左斜前踏

There are 2 Tags

Tag 1: End of wall 2 facing 6 o'clock. 第二面牆結束面向6點鐘

- 1 2 Step R to R side. Cross step L behind R. 右足右踏, 左足於右足後交叉踏
- & 3 Small step R and slightly back. Dig L heel to L diagonal 右足略後踏, 左足踵左斜前點
- & 4 Step L down in place. Cross step R over L. 左足踏, 右足於左足前交叉踏
- 5 6 Step L to L side. Cross step R behind L. 左足左踏, 右足於左足後交叉踏
- & 7 Small step L and slightly back. Dig R heel to R diagonal 左足略後踏, 右足踵右斜前點
- & 8 Step R to R side. Cross step L over R. 右足右踏, 左足於右足前交叉踏

Tag 2: End of wall 5 facing 3 o'clock 第五面牆結束面向3點鐘

Make a sharp $\frac{1}{2}$ turn over Right shoulder and repeat the last 8 counts of the dance
Counts 57 - 64 you will then start at the beginning of the dance facing 9 o'clock
快速右轉180度, 重覆最後8拍後面向9點鐘, 從頭起跳
