

Walking Backwards (倒退嚕) (zh)

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Improver
编舞者: Robbie McGowan Hickie (UK)
音乐: Walking Backwards - Brandon Sandefur



前奏 : 8 Count intro

- 第一段** **Walk Back Right. Walk Back Left. Right Lock Step Back. Back Rock. Left Shuffle Forward.** 後走, 後走, 後鎖步, 後下沉 回復, 前交換
- 1 – 2 Walk back on Right. Walk back on Left.
右足後走, 左足後走
- 3&4 Step back on Right. Lock Left across Right. Step back on Right.
右足後走, 左足於右足前鎖踏, 右足後踏
- 5 – 6 Rock back on Left. Rock forward on Right.
左足後下沉, 右足回復
- 7&8 Left shuffle forward stepping Left. Right. Left.
前交換-左, 右, 左
- 第二段** **Cross Rock & Side. Cross. Side. Left Sailor 1/4 Turn Left. Right Shuffle Forward.** 交叉曼波, 交叉, 右踏, 1/4轉水手, 前交換
- 1&2 Cross rock Right over Left. Rock back on Left. Step Right to Right side.
右足於左足前交叉下沉, 左足回復, 右足右踏
- 3 – 4 Cross step Left over Right. Step Right to Right side.
左足於右足前交叉踏, 右足右踏
- 5&6 Cross step Left behind Right turning 1/4 turn Left. Step Right in place. Step Left slightly forward.
左轉90度左足於右足後交叉踏, 右足踏, 左足略前踏
- 7&8 Right shuffle forward stepping Right. Left. Right. (*Facing 9 o'clock*)
前交換-右, 左, 右(面向9點鐘)
- 第三段** **Forward Rock. Left Triple Step Full Turn Left. Forward Rock. Right Shuffle 1/2 Turn Right.** 下沉 回復, 三步轉圈, 下沉 回復, 轉交換
- 1 – 2 Rock forward on Left. Rock back on Right.
左足前下沉, 右足回復
- 3&4 Left Triple step in place turning Full turn Left stepping Left. Right. Left. 小三步轉圈-左, 右, 左
Easier option: Counts 3&4 above ... Left triple step in place stepping Left. Right. Left. 簡易版 : 原地三步-左, 右, 左
- 5 – 6 Rock forward on Right. Rock back on Left. *** (*See Ending Below*)
右足前下沉, 左足回復(結束說明如下)
- 7&8 Right shuffle back turning 1/2 turn Right stepping Right. Left. Right. (*Facing 3 o'clock*)
右180度轉交換-右, 左, 右(面向3點鐘)
- 第四段** **Forward Rock. Left Coaster Cross. Monterey 1/2 Turn Right.**
下沉 回復, 海岸交叉, 蒙特瑞轉
- 1 – 2 Rock forward on Left. Rock back on Right.
左足前下沉, 右足回復
- 3&4 Step back on Left. Step Right beside Left. Cross step Left over Right.
左足後踏, 右足併踏, 左足於右足前交叉踏
- 5 – 6 Touch Right toe out to Right side. Turn 1/2 turn Right stepping Right beside Left. 右足趾右點, 右轉180度右足併踏
- 7 – 8 Touch Left toe out to Left side. Step Left beside Right. (*Facing 9 o'clock*) 左足趾左點, 左足併踏(面向9點鐘)

Ending: *When dancing to the music "Walking Backwards" ... Music Ends during Wall 9, after Count 22 (Facing 9 o'clock) To end Facing Front Wall ... turn 1/4 turn Right stepping Right to Right side and hold!!!!*

Walking Backwards音樂結束在第九面牆第三段第6面向9點鐘, 右轉90度右足右踏, 候, 面向12點鐘結束
