Wade In The Water (涉水而行) (zh)

拍数: 32 **墙数:** 4 **级数:** Beginner

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音乐: Wade In the Water - Eva Cassidy

前奏： Intro: Start after 32 counts (app. 17 seconds into music). Start with weight on L foot

第一段 Walk R L, R Sugar Push, L Coaster Step, Step Fw R, ½ L
走 走, 後交叉 交叉 後, 海岸步, 踏 1/2

1–2 Walk fw R (1), walk fw L (2) [12:00]
右足前走, 左足前走(面向12點鐘)

3&4 Step R behind L turning body to R diagonal (3), cross L over R (&), step back on R squaring body up to 12:00 (4)
右足於左足後踏身體轉向右斜角, 左足於右足前交叉踏, 右足後踏身體轉正面向12點鐘

5&6 Step back on L (5), step R next to L (&), step fw on L (6)
左足後踏, 右足併踏, 左足前踏

7–8 Step fw on R (7), turn ½ L stepping onto L (option: flicking R foot back) (8) [6:00] 右足前踏, 左轉180度左足踏(右足後抬)(面向6點鐘)

第二段 Walk R L, R Sugar Push, L Coaster Step, Step Fw R, ¼ L
走 走, 後交叉 交叉 後, 海岸步, 踏 1/4

1–2 Walk fw R (1), walk fw L (2) 右足前走, 左足前走

3&4 Step R behind L turning body to R diagonal (3), cross L over R (&), step back on R squaring body up to 6:00 (4)
右足於左足後踏身體轉向右斜角, 左足於右足前交叉踏, 右足後踏身體轉正面向6點鐘

5&6 Step back on L (5), step R next to L (&), step fw on L (6)
左足後踏, 右足併踏, 左足前踏

7–8 Step fw on R (7), turn ¼ L stepping onto L (8) [3:00]
右足前踏, 左轉90度左足踏(面向3點鐘)

第三段 Cross Point X2, R Jazz Box, Fw L 交叉 點 二次, 爵士方塊, 前踏

1–2 Cross R over L (1), point L to L side (2)
右足於左足前交叉踏, 左足左點

3–4 Cross L over R (3), point R to R side (4)
左足於右足前交叉踏, 右足右點

5–6 Cross R over L (5), step back on L (6)
右足於左足前交叉踏, 左足後踏

7–8 Step R to R side (7), step fw on L (8)
右足右踏, 左足前踏

第四段 Jump Out R L, Hold X 3, Kick & Heel & Touch & Heel &
跳大 大, 候3拍, 踢 併 踵點 併踏 併點 踏 踵點 併踏

&1–2 Step R to R side (&), step L to L side (1), hold (2)
右足右踏, 左足左踏, 候

3–4 Hold (3), Hold but make sure the weight is on your L foot (4)
候, 候(重心在左足)

5&6& Kick R fw (5), step R next to L (&), place L heel fw (6), step L next to R (&) 右足前踢, 右足併踏, 左足踵前點, 左足併踏

7&8& Touch R toe next to L (7), step down on R (&), place L heel fw (8), step L next to R (&) [3:00]
右足趾併點, 右足踏, 左足踵前點, 左足併踏(面向3點鐘)