

Amame (愛我) (zh)

COPPER KNOB
STEPSHEDS

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Amame - Belle Perez : (CD: Gipsy)



前奏: 32 Count intro 32拍後起跳

第一段 Behind. Side. Cross. Sweep. Cross. Side. Behind. Sweep.
後, 側, 交叉, 繞, 交叉, 側, 後, 繞

- 1 – 3 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. 右足於左足後交叉踏, 後 旁 前 左足左踏, 右足於左足前交叉踏
- 4 繞 Sweep Left out and around from back to front. 左足由後繞至前
- 5 – 7 Cross step Left over Right. Step Right to Right side. Cross Left behind Right. 左足於右足前交叉踏, 前 旁 後 右足右踏, 左足於左足後交叉踏
- 8 繞 Sweep Right out and around from front to back. 右足由前繞至後

第二段 Rock Behind. Chasse Right. Rock Behind. 2 x 1/4 Turns Right.
後下沉, 右追步, 後下沉, 二次右轉1/4

- 1 – 2 Rock back Right behind Left. Rock forward on Left. 後下沉回復 右足於左足後下沉, 左足回復
- 3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side. 右足右踏, 左足併踏, 右 右追步 足右踏
- 5 – 6 Rock back Left behind Right. Rock forward on Right. 後下沉回復 左足於右足後下沉, 右足回復
- 7 – 8 Make 1/4 turn Right stepping back on Left. Make 1/4 turn Right stepping Right to Right side. 右90 90 右轉90度左足後踏, 右轉90度右足右踏(面向6點鐘)

第三段 Step. Lock. Left Lock Step Forward. Rocking Chair Steps.
踏, 鎖, 左前鎖步, 搖椅步

- 1 – 2 Step forward on Left. Lock step Right behind Left. (Facing 6 o'clock) 左足前踏, 右足於左足後鎖 踏(面向6點鐘) 踏 鎖
- 3&4 Step forward on Left. Lock step Right behind Left. Step forward on Left. 左足前踏, 右足於左足後 前鎖步 鎖踏, 左足前踏
- 5 – 8 Rock forward on Right. Rock back on Left. Rock back on Right. Rock forward on Left. 右足前下沉, Rocking 左足後下沉, 右足後下沉, 左足前下沉 chair 椅
- Note: Push hips Forward and Back on Counts 5 – 8 above.
注意 於5-8拍配合前後擺臀

第四段 Step. Pivot 1/2 Turn Left. Full Turn Left. Forward Rock. Right Coaster Cross. 踏, 左轉1/2, 左轉圈, 前下沉, 右海岸步

- 1 – 2 Step forward on Right. Pivot 1/2 Turn Left. 右足前踏, 左軸轉180度(面向12點鐘) 踏 轉
- 3 – 4 Make 1/2 turn Left stepping back on Right. Make 1/2 turn Left stepping forward on Left. 左轉180 度右足後踏, 左轉180度左足前踏 轉 轉
- 5 – 6 Rock forward on Right. Rock back on Left. 下沉回復 右足前下沉, 左足回復

7&8 Step back on Right. Step Left beside Right. Cross step Right over Left. (Facing 12 o'clock)
海岸交叉 右足後踏, 右足併踏, 右足於左足前交叉踏(面向12點鐘)

Option: Counts 3 – 4 above ... Walk forward on Right. Walk forward on Left.
簡易版 第3-4拍換成右足前踏, 左足前踏

第五段 Side Step Left. Drag. Cross Rock. Side Step. Together. Chasse 1/4 Turn Right. 左足側踏, 拖, 交叉下沉, 側踏, 併, 追步右轉1/4

1 – 2 Long step Left to Left side. Drag/Slide Right towards Left. (Weight on Left) 左足左一大步, 右足拖
左 拖併 滑向左足(重心在左足)

3 – 4 Cross rock Right over Left. Rock back on Left.
交叉下沉 右足於左足前交叉下沉, 左足回復
回復

5 – 6 Step Right to Right side. Close Left beside Right. (Use Cuban Hip)
踏 併 右足右踏, 左足併踏

7&8 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.
追步轉 右足右踏, 左足併踏, 右轉90度右足前踏
(面向3點鐘)

第六段 Cross. Step Back. Sway Left. Touch. Sway Right. Touch. Chasse Left.
交叉, 後踏, 左擺臀, 點, 右擺臀, 點, 左追步

1 – 2 Cross step Left over Right. Step back on Right.
交叉 後踏 左足於右足前交叉踏, 右足後踏

3 – 4 Step Left to Left side Swaying hips Left. Touch Right beside Left.
左 併點 左足左踏左擺臀, 右足併點

5 – 6 Step Right to Right side Swaying hips Right. Touch Left beside Right. 右足右踏右擺臀, 左足併點
右 併點

7&8 Step Left to Left side. Close Right beside Left. Step Left to Left side. (Facing 3 o'clock)
左追步 左足左踏, 右足併踏, 左足左踏(面向3點鐘)

第七段 Cross. Unwind Full Turn Left. Left Side Rock. Cross. Side Step. Left Cross Shuffle. 交叉, 左轉圈, 左側下沉, 交叉, 側踏, 左交叉交換

1 – 2 Cross step Right over Left. Unwind Full turn Left. (Weight on Right) 右足於左足前交叉踏, 左轉
交叉 轉圈 圈(重心在右足)

3 – 4 Rock Left out to Left side. Recover weight on Right.
左下沉回復 左足左下沉, 右足回復
回復

5 – 6 Cross step Left over Right. Small step Right to Right side.
交叉 右踏 左足於右足前交叉踏, 右足右踏

7&8 Cross step Left over Right. Small step Right to Right side. Cross step Left over Right.
交叉交換 左足於右足前交叉踏, 右足右踏, 左足於右足前交叉踏

第八段 Side Step Right. Drag. Back Rock. Step. Pivot 1/2 Turn Right. 1/2 Turn Right. Sweep. 右踏, 拖, 後下沉, 踏, 右轉1/2, 右轉1/2, 繞

1 – 2 Long step Right to Right side. Drag/Slide Left towards Right. (Weight on Right) 右足右一大步, 左
右 拖併 足拖滑向右足(重心在右足)

3 – 4 Rock back on Left. Rock forward on Right.
後下沉回復 左足後下沉, 右足回復
回復

5 – 6 Step forward on Left. Pivot 1/2 turn Right.
踏 轉 左足前踏, 右軸轉180度(面向9點鐘)

7 – 8 Make 1/2 turn Right stepping back on Left. Sweep Right out and around from front to back.
轉 繞 右轉180度左足後踏, 右足由前繞至後 (面向3點鐘)

Option: Counts 5 – 7 above ... Rock forward on Left. Rock back on Right. Step back on Left. 第5-7拍換成
簡易版 左足前下沉, 右足後下沉, 左足後踏
