

Isn't She Lovely (她可愛嗎?) (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
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音乐: Isn't She Lovely - Stevie Wonder : (CD: Songs In The Key Of Life)



前奏: 16 counts 16拍後起跳

第一段 Cross, Back, Side Travelling Backwards X2, Cross ¼ Turn Right, Coaster Step. 交叉, 後, 側 向後移二次, 交叉右轉1/4, 海岸步

- 1&2 Cross Rf. over Lf. step back on Lf. step Rf. to right side,
右足於左足前交叉踏, 左足後踏, 右足右踏
- 3&4 Cross Lf over Rf. step back on Rf. step Lf to left side,
左足於右足前交叉踏, 右足後踏, 左足左踏
- 5-6 Cross Rf. over Lf. Turning a ¼ turn right step back on Lf.
右足於左足前交叉踏, 右轉90度左足後踏
- 7&8 Step back on Rf. Step Lf next Rf. Step Rf. Forward
右足後踏, 左足併踏, 右足前踏

第二段 Kick Ball Change X2, ¼ Turn Right With Slide, Sailor Step.
踢交換步二次, 右轉1/4帶滑步, 水手步

- 1&2 Kick Lf. forwards, step Lf next to Rf. Step forward on Rf.
左足前踢, 左足併踏, 右足前踏
- 3&4 Kick Lf. forwards, step Lf next to Rf. Step forward on Rf.
左足前踢, 左足併踏, 右足前踏
- 5-6 Making ¼ turn right, step Lf. to left side, slide Rf. towards Lf.
右轉90度左足左踏, 右足滑併踏
- 7&8 Cross Rf. behind Lf. step Lf. to left, step Rf to right
右足於左足後交叉踏, 左足左踏, 右足右踏

第三段 Cross ¼ Turn Left, ¼ Left Chasse, Cross Rock, Chasse ¼ Turn Right.
交叉左轉1/4, 左轉1/4追步, 交叉下沉, 追步右轉1/4

- 1-2 Cross Lf. over Rf. Turning a ¼ turn left step back on Rf.
左足於右足前交叉踏, 左轉90度右足後踏
- 3&4 Turning a ¼ turn left step to left side, close Rf. next to Lf. Step Lf. to left side. 左轉90度左足左踏,
右足併踏, 左足左踏
- 5-6 Cross rock Rf. over Lf. recover weight onto Lf.
右足於左足前交叉下沉, 左足回復
- 7&8 Step Rf. to right, close Lf. next to Rf., turning ¼ right step forward on Rf. 右足右踏, 左足併踏, 右轉90度右足前踏

第四段 基數牆跳下列8拍
Step Point, Step Point, Kick & Kick & ¼ Turn Right, Slide.
踏點, 踏點, 踢 踢 右轉1/4, 滑

- 1-2 Step forward on Lf. point Rf. to side. 左足前踏, 右足右點
- 3-4 Step forward on Rf. point Lf. to side. 右足前踏, 左足左點
- 5&6& Kick Lf. fwd. step Lf next to Rf. Kick Rf. fwd. step Rf. next to Lf. 左足前踢, 左足併踏, 右足前踢, 右足併踏
- 7-8 Making ¼ turn right, step Lf. to left side, slide Rf. towards Lf.
右轉90度左足左踏, 右足滑併

第四段 偶數牆跳下列八拍

$\frac{1}{4}$ turn right, hold. In, in, out, out, in, in, out, stomp, hold, heel.
右轉1/4, 候, 小小大大小小大, 重踏, 候, 踵

1-2 Make $\frac{1}{4}$ turn right stepping Lf to left side, Hold
右轉90度左足左踏, 候

&3&4&5& Lf. in, Rf. in, Lf. out, Rf. out. Lf in, Rf. In, Lf out, Rf. stomp out,(raising left heel)
6 左足併踏, 右足併踏, 左足左踏, 右足右踏, 左足併踏, 右足併踏, 左足左踏, 右足重踏(左足踵抬起)

7-8 Hold, replace weight onto Lf. 候, 重心回左足
