Magdalena (馬格莉娜) (zh)

拍数: 64 **墙数:** 4 **级数:** Phrased Intermediate

编舞者: Amy Yang (TW) - 2016年05月

音乐: Magdalena - Demis Roussos

Intro : 16 counts
Sequence of dance : A A A(24) B B / A A A(16) A A(24) B B / A A(16) / B B B(16)

PART A - 32 counts
Sec. A1: SIDE, RECOVER, CROSS SHUFFLE, 1/2 TURN R, CROSS SHUFFLE

1-2,3&4	Step RF to R, Recover onto LF, Cross RF over LF, Step LF to L, Cross RF over LF
5-6,7&8	1/4 turn R stepping backward on LF, 1/4 turn R stepping RF to R, RF, Cross LF over RF, Step RF to R, Cross LF over RF (06:00)
1-2, 3&4	右足右踏, 重心回左足, 右足交叉左足前, 左足左踏, 右足交叉左足前
5-6,7&8	右轉1/4左足後踏,右轉1/4右足右踏,左足交叉右足前,右足右踏,左足交叉右足前 (06:00)

Sec. A2: VAUDEVILLE STEPS(R&L)

1-2&3	Step RF to R, Step LF back, Step RF to R, Touch LF heel forward diagonal L
&4	Step LF back, Cross RF over LF
5-6&7	Step LF to L, Step RF back, Step LF to L, Touch heel forward giagonal R
&8	Step RF back, Cross LF over RF
1-2&3	右足右踏,左足後踏,右足右踏,左足腳腫點於左斜前
&4	左足後踏,右足交叉左足前
5-6&7	左足左踏,右足後踏,左足左踏,右足腳腫點於右斜前
&8	右足後踏,左足交叉右足前

Sec. A3: HEEL, HOLD, BESIDE(R&L), HEEL SWITCHES STEPS

1-2&	Touch RF heel forward, Hold, Step RF beside LF
3-4&	Touch LFheel forward, Hold, Step LF beside RF
5&6&	Touch RF heel forward, Step RF beside LF, Touch LF heel forward, Step LF beside RF
7 – 8	Touch RF heel forward, Hold and clap
1-2&	右足腳腫前點,停拍,右足併於左足旁
3-4&	左足腳腫前點,停拍, 左足併於右足旁
5&6&	右足腳腫前點,右足併於左足旁,左足腳腫前點,停拍, 左足併於右足旁
7 - 8	右足腳腫前點,停拍及拍手

Sec. A4: CROSS, POINT(R&L), JAZZ BOX 1/4 TURN R

1 – 4	Cross RF over LF, Point LF to L, Cross LF over RF, Point RF to R
5 – 8	Cross RF over LF, 1/4 turn R step back on LF, Step RF to R, Step LF forward(09:00)
1 – 4	右足交叉左足前,左足側點,左足交叉右足前,右足右側點
5 – 8	右足交叉左足前,右轉1/4左足後踏,右足右踏,左足前踏(09:00)

PART B - 32 counts
Sec. B1: SIDE, BESIDE, SIDE, TOUCH(R&L)

1 – 4	Step RF to R, Step LF beside RF, Step RF to R, Touch LF beside RF
5 – 8	Step LF to L, Step RF beside LF, Step LF to L, Touch RF beside L F
1 – 4	右足右踏,左足併於右足旁, 右足右踏,左足點收於右足旁
5 – 8	左足左踏,右足併於左足旁, 左足左踏,右足點收於左足旁

Sec. B2: 1/4 TURN L, SIDE, BESIDE, SIDE, TOUCH, SIDE(R&L)

1 – 4	1/4 turn L step RF to R, Step LF beside RF, Step RF to R, Touch LF beside RF(03:00)
5 – 8	Step LF to L, Step RF beside LF, Step LF to L, Touch RF beside L F

1 – 4	右轉1/4右足右踏,左足併於右足旁, 右足右踏,左足點收於右足旁(03:00)
5 – 8	左足左踏,右足併於左足旁, 左足左踏,右足點收於左足旁

Sec. B3: CROSS, RECOVER, SIDE CHASSE(R&L)

1 – 4	Cross RF over LF, Recover onto LF, Step RF to R, Step LF beside RF, Step RF to R
5 – 8	Cross LF over RF, Recover onto RF, Step LF to L, Step RF beside LF, Step LF to L
1 – 4	右足交叉左足前,重心回左足,右足右踏,左足併於右足旁,右足右踏
5 – 8	左足交叉右足前,重心回右足,左足左踏,右足併於左足旁,左足左踏

Sec. B4: FORWARD, TOUCH, BACKEARD, TOUCH(L&R), FORWARD, TOUCH

1 – 4	Step RF forward R diagonal, Touch LF beside RF and clap, Step LF backward L diagonal, Touch RF beside LF and clap
5 – 8	Step RF backward R diagonal, Touch LF beside RF and clap, Step LF forward L diagonal, Touch RF beside LF and clap
1 – 4	右足右斜前踏,左足點收於右足旁及拍手,左足左斜後踏, 右足點收於左足旁及拍手
5 – 8	右足右斜後踏, 左足點收於右足旁及拍手,左足左斜前踏, 右足點收於左足旁及拍手

Start again

Ending : During wall 17, after 16counts, Then Cross RF over LF, 3/4 turn L (facing 12:00)
結束: 在第十七面牆,跳跳16拍,然後右足交叉左足前,左轉 3/4 (面向12:00)

Have Fun & Happy Dancing!

Contact Amy Yang:yang43999@gmail.com

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