

# Dreams of Martina (馬堤那之夢) (zh)

COPPER KNOB  
STEPPERS

拍數: 56      牆數: 2      級數: Intermediate  
編舞者: Peter Metelnick (UK) - 2004年05月  
音樂: Dreams of Martina - Hal Ketchum : (CD Lucky Man)



前奏: on vocals 唱歌起跳

**第一段**      **R cross rock & recover, R side shuffle, L cross rock & recover**  
右交叉下沉 & 回復, 右側交換步, 左交叉下沉 & 回復

1-2      Cross rock R over L, recover weight on L  
右足於左足前交叉下沉, 左足回復

3&4      Step R to right, step L together, step R to right  
右足右踏, 左足併踏, 右足右踏

5-6      Cross rock L over R, recover weight on R  
左足於右足前交叉下沉, 右足回復

**第二段**      **L & R step touches, ¼ L & L forward shuffle, R forward, ¼ L pivot turn**    左 & 右踏點, 左轉1/4 & 左前交換步, 右前踏, 左轉1/4

1-4      Step L to left side, touch R together, step R to right side, touch L together    左足左踏, 右足併點, 右足右踏, 左足併點

5&6      Turning ¼ left step L forward, step R together, step L forward  
左轉90度左足前踏, 右足併踏, 左足前踏

7-8      Step R forward, pivot ¼ L (weight on L)  
右足前踏, 左後轉90度(重心在左足)

**第三段**      **R cross rock & recover, R side shuffle, L cross rock & recover**  
右交叉下沉 & 回復, 右側交換步, 左交叉下沉 & 回復(同第一段)

1-2      Cross rock R over L, recover weight on L  
右足於左足前交叉下沉, 左足回復

3&4      Step R to right, step L together, step R to right  
右足右踏, 左足併踏, 右足右踏

5-6      Cross rock L over R, recover weight on R  
左足於右足前交叉下沉, 右足回復

**第四段**      **L & R step touches, ¼ L & L forward shuffle, R forward, ½ L pivot turn**    左 & 右踏點, 左轉1/4 & 左前交換步, 右前踏, 左轉1/2

1-4      Step L to left side, touch R together, step R to right side, touch L together    左足左踏, 右足併點, 右足右踏, 左足併點

5&6      Turning ¼ left step L forward, step R together, step L forward  
左轉90度左足前踏, 右足併踏, 左足前踏

7-8      Step R forward, pivot ½ L (weight on L)  
右足前踏, 左後轉180度(重心在左足)

**第五段**      **Walk forward 2, R forward shuffle, L forward rock & recover**  
走步2次, 右足前交換步, 左足前下沉 & 回復

1-2      Step R forward, step L forward    右足前踏, 左足前踏

3&4      Step R forward, step L together, step R forward  
右足前踏, 左足併踏, 右足前踏

5-6      Rock L forward, recover weight on R    左足前下沉, 右足回復

- 第六段**      **L rock back & recover, L side rock & recover, L jazz box with ¼ L & R cross step** 左後下沉回復, 左側下沉回復, 左轉1/4爵士方塊右交叉踏
- 1-4      Rock L back, recover weight on R, rock L to left, recover weight on R    左足後下沉, 右足回復, 左足左下沉, 右足回復
- 5-8      Cross step L over R, turning ¼ left step R back, step L to left, cross step R over L  
左足於右足前交叉下沉, 左轉90度右足後踏, 左足左踏, 右足於左足前交叉踏
- 第七段**      **L side step, R rock back & recover, R side step, L rock back & recover** 左側踏, 右後下沉 & 回復, 右側踏, 左後下沉 & 回復
- 1-3      Step L to left, rock R back, recover weight on L  
左足左踏, 右足後下沉, 左足回復
- 4-6      Step R to right, rock L back, recover weight on R  
右足右踏, 左足後下沉, 右足回復
- 第八段**      **Vine L 2, ¼ L & L forward shuffle, R forward, ½ L pivot turn, R forward, ¼ L pivot turn**  
左藤步2拍, 左轉1/4左前交換步, 右前, 左轉1/2, 右前, 左轉1/4
- 1-2      Step L to left, cross step R behind L  
左足左踏, 右足於左足後交叉踏
- 3&4      Turning ¼ L step L forward, step R together, step L forward  
左轉90度左足前踏, 右足併踏, 左足前踏
- 5-8      Step R forward, pivot ½ L, step R forward, pivot ¼ L  
右足前踏, 左轉180度, 右足前踏, 左轉90度

Choreographer's Note: I've always liked this song because it has such an interesting rhythm – the verses phrase in measures of 14 – 6 beats and then 8 beats. That's why the step sheet is written that way. On the 3rd wall dance up to count 46. Change counts 47-48 to 47&48 by doing a L coaster step back. Restart the dance from the beginning.

第三面牆第七段4-6拍改成4-5&6右足右踏, 左足海岸步, 從頭起跳  
這是首14拍為一區段的舞曲, 編舞者將舞步分成6拍及8拍二段式

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