

Forty Said (女人四十) (zh)

COPPER KNOB
STYLEDANCE

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Ruben Luna (USA) - 2010年05月
音樂: In These Shoes? - Kirsty MacColl



前奏: Dance begins after 16 counts on vocals Approx. 12 secs. 16拍(約12秒)後唱歌起跳

第一段 Ball Cross R over L Rock Recover, Step L Fwd, Rock Recover, Step R Forward, Rock Recover, Lock Step Back

交叉下沉 左下沉 回復, 左前踏, 下沉 回復, 右前踏, 下沉 回復, 後鎖步

8&1-3 Cross ball of R over L, step L to side, recover onto R, step L forward
右足於左足前交叉踏, 左足左下沉, 右足回復, 左足前踏

4&5 Step R to side (on ball of R), step L forward, step R forward
右足右下沉, 左足回復, 右足前踏

6-7 Rock forward on L, recover back onto R 左足前下沉, 右足回復

8&1 Step L back, lock R in front of L, step L back
左足後踏, 右足於左足前鎖踏, 左足後踏

第二段 1/4 Turn R, Sway R & L, R Scissor, Step L,R to side Triple Left

右1/4. 右擺臀, 左擺臀, 右剪刀, 踏, 併, 左追步

2-3 1/4 turn right (3:00) step R to side sway hips R, sway hips L
右轉90度(面向3點鐘)右足右踏右擺臀, 左擺臀

4&5 Step R to side, step L next to R, cross R over L
右足右踏, 左足併踏, 右足於左足前交叉踏

6-7 Step L to side, step R next to L 左足左踏, 右足併踏

8&1 Step L to side, step R next to L, step L to side
左足左踏, 右足併踏, 左足左踏

RESTART OCCURS here AFTER count 8 on wall 7 第七面牆跳至此, 從頭起跳

第三段 Cross Rock Recover, 1/4 Turn R, Triple Step, 3/4 Turn R, Lock Step

交叉下沉 回復, 右1/4轉交換, 右1/2 1/4, 前鎖步

2-3 Cross R over L, recover onto L
右足於左足前交叉下沉, 左足回復

4&5 1/4 turn right (6:00) step R forward, step L next to R, step R forward
右轉90度(面向6點鐘)右足前踏, 左足併踏, 右足前踏

6-7 1/2 turn right step L back (12:00) 1/4 turn right step R forward (3:00)
右轉180度左足後踏(面向12點鐘), 右轉90度右足前踏(面向3點鐘)

8&1 Step L forward, lock R behind L, step L forward
左足前踏, 右足於左足後鎖踏, 左足前踏

第四段 1/2 Pivot Turn, Lock Step, Sway Left, Right, Step L To Side

踏 轉, 前鎖步, 左擺臀 右擺臀, 左踏

2-3 Step R forward, 1/2 pivot turn left (9:00) taking weight onto L
右足前踏, 左軸轉180度(面向9點鐘)重心在左足

4&5 Step R forward, lock L behind R, step R forward
右足前踏, 左足於右足後鎖踏, 右足前踏

6-7 Step L to side sway hip left, sway hip right
左足左踏左擺臀, 右擺臀

8 Step L to side 左足左踏

Note: There will be a small break in the music on wall 9 DURING the last 8 counts. Continue dancing until music starts up again. Music should start up again on counts 6,7,8 跳至第九面牆時音樂會在最後8拍時暫停,繼續跳音樂會在6,7,8拍時再呈現
