Warm This Winter (溫暖冬天) (zh)

拍數: 64 **牆數:** 4 **級數:** Intermediate

編舞者: Margaret Swift (UK) - 2008年11月

音樂: Warm This Winter - Gabriella Cilmi : (CD: Lessons To Be Learned)

前奏： 16 Counts - Starts on Main Vocals (16 Secs)

第一段 Toe Struts X2. Kick X2.Step Back. Cross.
趾踵步二次, 踢二次, 後踏, 交叉

1 – 2 Touch right toe forward. Drop right heel.
右足趾前點, 右足踵踏

3 – 4 Touch left toe forward. Drop left heel.
左足趾前點, 左足踵踏

5 – 6 Kick right foot forward twice.
右足前踢二次

7 – 8 Step back on right. Cross touch left over right.
右足後踏, 左足於右足前交叉點

第二段 Step Lock Step Brush. Step ½ Pivot Step Touch
踏鎖踏刷, 踏轉1/2, 踏點

1 – 2 Step forward on left. lock right behind left.
左足前踏, 右足於左足後鎖踏

3 – 4 Step forward on left. brush right forward.
左足前踏, 右足前刷

5 – 6 Step on right. Turn ½ pivot left.
右足前踏, 左轉180度

7 – 8 Step forward right. Touch left behind right.
右足前踏, 左足於右足後點

第三段 Left Rumba Box 左倫巴方塊

1 – 2 Step left-to-left side. Step right beside left.
左足左踏, 右足併踏

3 – 4 Step forward left. Touch right next to left.
左足前踏, 右足併點

5 – 6 Step right-to-right side. Step left beside right.
右足右踏, 左足併踏

7 – 8 Step back right. Touch left next to right.
右足後踏, 左足併點

第四段 ¼ Turn Touches X2 . Hip Bumps 轉1/4點二次, 擺臀

1 – 2 Turn ¼ left stepping forward on left. Touch right next to left.
左轉90度左足前踏, 右足併點

3 – 4 Step right to right side. Touch left next to right.
右足右踏, 左足併點

5 – 6 Turn ¼ left stepping forward on left. Touch right next to left
左轉90度左足前踏, 右足併點

7 – 8 Step Right to right side bumping hips right, Bump left
右足右踏右擺臀, 左擺臀

第五段 **Step Lock Step Brush. Step ½ Pivot Step Brush**
踏鎖踏刷, 踏轉1/2踏刷

1 – 2 Step forward on right. Lock left behind right.
右足前踏, 左足於右足後鎖踏

3 – 4 Step forward on right. Brush left forward.
右足前踏, 左足前刷

5 – 6 Step forward on left. Pivot ½ turn right.
左足前踏, 右轉180度

7 – 8 Step forward on left. Brush right forward.
左足前踏, 右足前刷

第六段 **Jazz Box Struts ¼ Turn 爵士方塊 趾踵轉1/4**

1 – 2 Cross right over left. Drop right Heel.
右足於左足前交叉踏, 右足踵踏

3 – 4 Step back on left toe. Drop left heel.
左足趾後踏 左足踵踏

5 – 6 Turn ¼ right stepping forward on right toe. Drop right heel.
右轉90度右足趾前踏, 右足踵踏

7 – 8 Step left toe next to right. Drop left heel.
左足趾併踏, 左足踵踏

第七段 **Side Touches X2. Cross Unwind ¾ with Bounces**
側點二次, 交叉彈跳繞轉3/4

1 – 2 Step right to right side. Touch left next to right.
右足右踏, 左足併點

3 – 4 Step left to left side. Touch right next to left.
左足左踏, 右足併點

5 – 6 Cross right over left. Bounce turn ¼ left.
右足於左足前交叉踏, 彈跳左轉90度

7 – 8 Bounce ¼ turn left. Bounce ¼ turn left. (Completing ¾ turn)
彈跳左轉90度, 彈跳左轉90度(總共270度)

第八段 **Left Sweep. Behind Side Cross. Hold. Paddle Turn ¼**
左繞, 後側交叉, 候, 划槳轉1/4

1 – 2 Sweep left behind right. Step right to right side.
左足繞至右足後, 右足右踏

3 – 4 Cross-left over right. Hold. 左足於右足前交叉踏, 候

5 – 6 Touch right toe forward, pivot 1/8 turn to left.
右足趾前點, 左轉45度

7 – 8 Touch right toe forward, pivot 1/8 turn to left. (completing ¼ turn to left) 右足趾前點, 左轉45度(完成左轉90度)