

Walk With Me (一路相隨) (zh)

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Advanced
編舞者: Cato Larsen (NOR) - 2009年10月
音樂: Walk with Me - Michael Learns to Rock : (CD: Eternity 08)



前奏 : Intro: Start the dance at vocals after 8 counts of intro. (8 seconds)

- 第一段** **Side, Sailor 1/2 Turn With Cross, Side, Back Rock, 1/2 Turn, And Cross, Side, Back Rock 1/2 Turn, Together, Side.**
側, 1/2水手帶交叉, 側, 後下沉, 1/2, 併交叉, 側, 後下沉1/2, 併, 側
- 1 Step left a long step to left side (1). [12:00]
左足左一大步 (面向12點鐘)
- 2& Cross right behind left (2), Turn ¼ turn right Stepping down on left (&) 右足於左足後交叉踏, 右轉90度左足踏
- a Turn ¼ turn right Stepping right across of left (a). [6:00]
右轉90度右足於左足前交叉踏(面向6點鐘)
- 3 Step left a long step to left side (3). 左足左一大步
- 4& Step back on right (4), Rock (recover) forward again onto left (&).
右足後下沉, 左足回復
- 5 Pivot ½ turn left Stepping back on right (5). [12:00]
左轉180度右足後踏(面向12點鐘)
- &6 Step left next to right (&), Cross right over left (6).
左足併踏, 右足於左足前交叉踏
- & Step left to left side (&). 左足左踏
- 7& Step back on right (7), Rock (recover) forward again onto left (&).
右足後下沉, 左足回復
- 8 Pivot ½ turn left Stepping back on right (8). [6:00]
左轉180度右足後踏(面向6點鐘)
- &1 Step left next to right (&), Push off from left and Step right long step to right side (1). 左足併踏, 右足右一大步
- 第二段** **Basic NC, Cross Rock, 1/4 Turn, Coaster Cross, Side Rock, Cross.**
基本步, 交叉下沉, 1/4, 海岸交叉, 側下沉, 交叉
- 2& Cross left behind right (2), Step right across of left (&).
左足於右足後交叉踏, 右足於左足前交叉踏
- 3 Step left long step to left side (3). 左足左一大步
- 4& Cross right behind left (4), Rock (recover) forward again onto left (&). [3:00] 右足於左足後交叉下沉, 左足回復(面向3點鐘)
- 5 Pivot ¼ turn left Stepping back on right (5).
左轉90度右足後踏
- 6&7 Step back on left (6), Step right next to left (&), Cross left over right (7). 左足後踏, 右足併踏, 左足於右足前交叉踏
- &8 Step right to right side (&), Rock (recover) back again onto left (8). 右足右下沉, 左足回復
- & Step right diagonally forward across of left (&). [1:30]
右足於左足斜前交叉踏(面向1:30)
- 第三段** **Hitch 3/4 Turn, Cross, 3/8 Pivot Turn, 1/4 Pivot Turn, Cross, 1/4 Pivot Turn Twice, Cross Rock, 1/4 Turn, 1/2 Pivot Turn, 1/4 Pivot Turn, Point.** 抬轉3/4, 交叉, 轉3/8, 轉1/4, 交叉, 1/4二次, 交叉下沉, 1/4, 1/2, 1/4, 點

- 1 Pivot $\frac{3}{4}$ turn right by Hitching left knee (1). [10:30]
右轉270度左膝抬(面向10:30)
- 2 Cross left over right (2). 左足於右足前交叉踏
- 3 Pivot $\frac{3}{8}$ turn left Stepping back on right (3). [6:00]
左轉135度右足後踏(面向6點鐘)
- & Pivot $\frac{1}{4}$ turn left Stepping left to left side (&). [3:00]
左轉90度左足左踏(面向3點鐘)
- 4 Cross right over left (4). 右足於左足前交叉踏
- 5 Pivot $\frac{1}{4}$ turn right Stepping back on left (5). [6:00]
右轉90度左足後踏(面向6點鐘)
- & Pivot $\frac{1}{4}$ turn right Stepping right to the right side (&). [9:00]
右轉90度右足右踏(面向9點鐘)
- 6& Cross left over right (6), Rock (recover) back again onto right (&). 左足於右足前交叉下沉, 右足回復
- 7 Pivot $\frac{1}{4}$ turn left Stepping forward on left (7). [6:00]
左轉90度左足前踏(面向6點鐘)
- & Pivot $\frac{1}{2}$ turn left Stepping back on right (&). [12:00]
左轉180度右足後踏(面向12點鐘)
- 8 Pivot $\frac{1}{4}$ turn left Stepping left to left side (8). [9:00]
左轉90度左足左踏(面向9點鐘)
- & Point right toe to right side (&). 右足趾右點

第四段 1/4 Turn, Pirouette, Step, 1/2 Pivot Turn Twice, Step, Mambo Step, 1/2 Turn, Step, 3/4 Turn.
1/4, 芭蕾舞腳尖轉圈, 踏轉轉, 踏, 曼波, 1/2, 踏 3/4

- 1 Pivot $\frac{1}{4}$ turn right Stepping forward on right (1). [12:00]
右軸轉90度右足前踏(面向12點鐘)
- 2 Spin a full turn right by lifting left leg slightly behind you (2). [12:00] 右轉圈左腿略後抬(面向12點鐘)
- 3 Step forward on left (3). 左足前踏
- 4 Pivot $\frac{1}{2}$ turn left Stepping back on right (4). [6:00]
左軸轉180度右足後踏(面向6點鐘)
- & Pivot $\frac{1}{2}$ turn left Stepping forward on left (&). [12:00]
左軸轉180度左足前踏(面向12點鐘)
- 5 Step forward on right (5). 右足前踏
- 6&7 Step forward on left (6), Rock (recover) back again onto right (&), Step back on left (7). 左足前下沉, 右足回復, 左足後踏
- & Pivot $\frac{1}{2}$ turn right Stepping forward on right (&). [6:00]
右軸轉180度右足前踏(面向6點鐘)
- 8& Step forward on left (8), Pivot $\frac{3}{4}$ turn right (weight on right) (&). [3:00] 左足前踏, 右軸轉270度(重心在右足)(面向3點鐘)
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